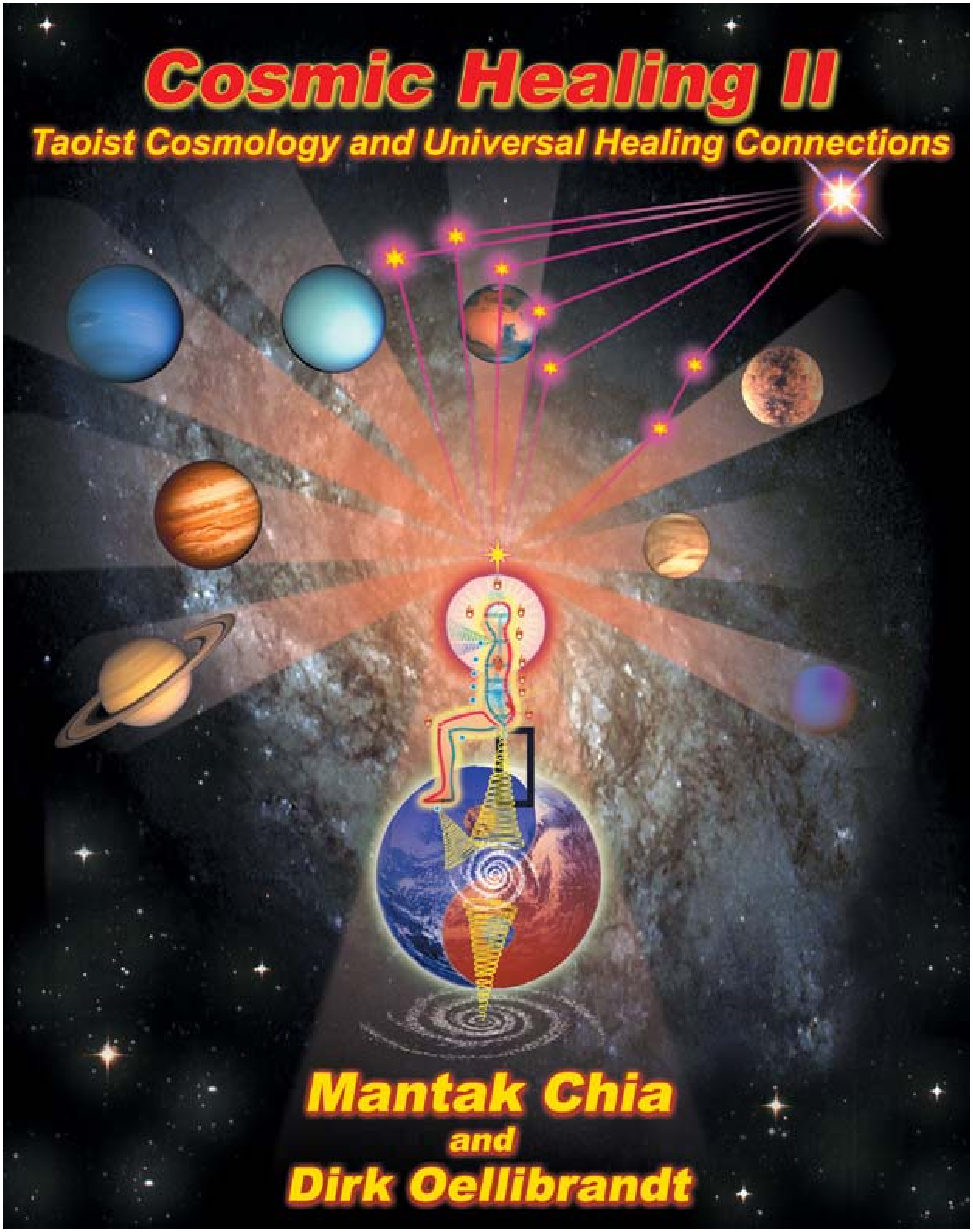

Cosmic Healing II
Taoist Cosmology and Universal Healing Connections
Mantak Chia
and
Dirk Oellibrandt

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Mantak Chia

and Dirk Oellibrandt

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About the Authors



Mantak Chia

Master Mantak Chia

Master Mantak Chia is the creator of the Universal Tao System and is the director of the Universal Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and "still the mind." While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi's patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun's system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 1,200 instructors and practitioners from all over the world. Universal Tao Centers and Chi Nei Tsang Institutes have opened in many locations in North America, Europe, Asia and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden, the Universal Tao Training Center in Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching. He uses a word processor for writing and is totally at ease with the latest computer technology.

Master Chia estimates that it will take thirty five books to convey the full Universal Tao System. In June 1990, at a dinner in San Francisco, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi Gong Master of the Year. He is the first recipient of this annual award.

He has previously written and published these Universal Tao books:

Awaken Healing Energy of the Tao - 1983
Taoist Secrets of Love: Cultivating Male Sexual Energy
co-authored with Michael Winn - 1984.
Taoist Ways to Transform Stress into Vitality -1985
Chi Self-Massage: the Tao of Rejuvenation - 1986
Iron Shirt Chi Kung I - 1986
Healing Love Through the Tao: Cultivating Female Sexual Energy - 1986
Bone Marrow Nei Kung - 1989
Fusion of the Five Elements I - 1990
Chi Nei Tsang: Internal Organ Chi Massage - 1990
Awaken Healing Light of the Tao - 1993
The Inner Structure of Tai Chi co-authored with Juan Li - 1996
Multi-Orgasmic Man co-authored with Douglas Abrams 1996 - published by Harper/Collins
Tao Yin - 1999
Chi Nei Tsang II - 2000
Multi-Orgasmic Couple co-authored with Douglas Abrams 2000 - published by Harper/Collins
Cosmic Healing I - 2001
Cosmic Healing II co-authored with Dirk Oellibrandt - 2001
Door of All Wonders co-authored with Tao Haung - 2001
Sexual Reflexology co-authored with W. U. Wei - 2001
Elixir Chi Kung - 2001

Also many of the books above are available in the following foreign languages:

Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Russian, Serbo-Croatian, Slovenian, Spanish and Turkish. There is a Foreign Publishers listed in the Universal Tao Center Overview in the back of this book.

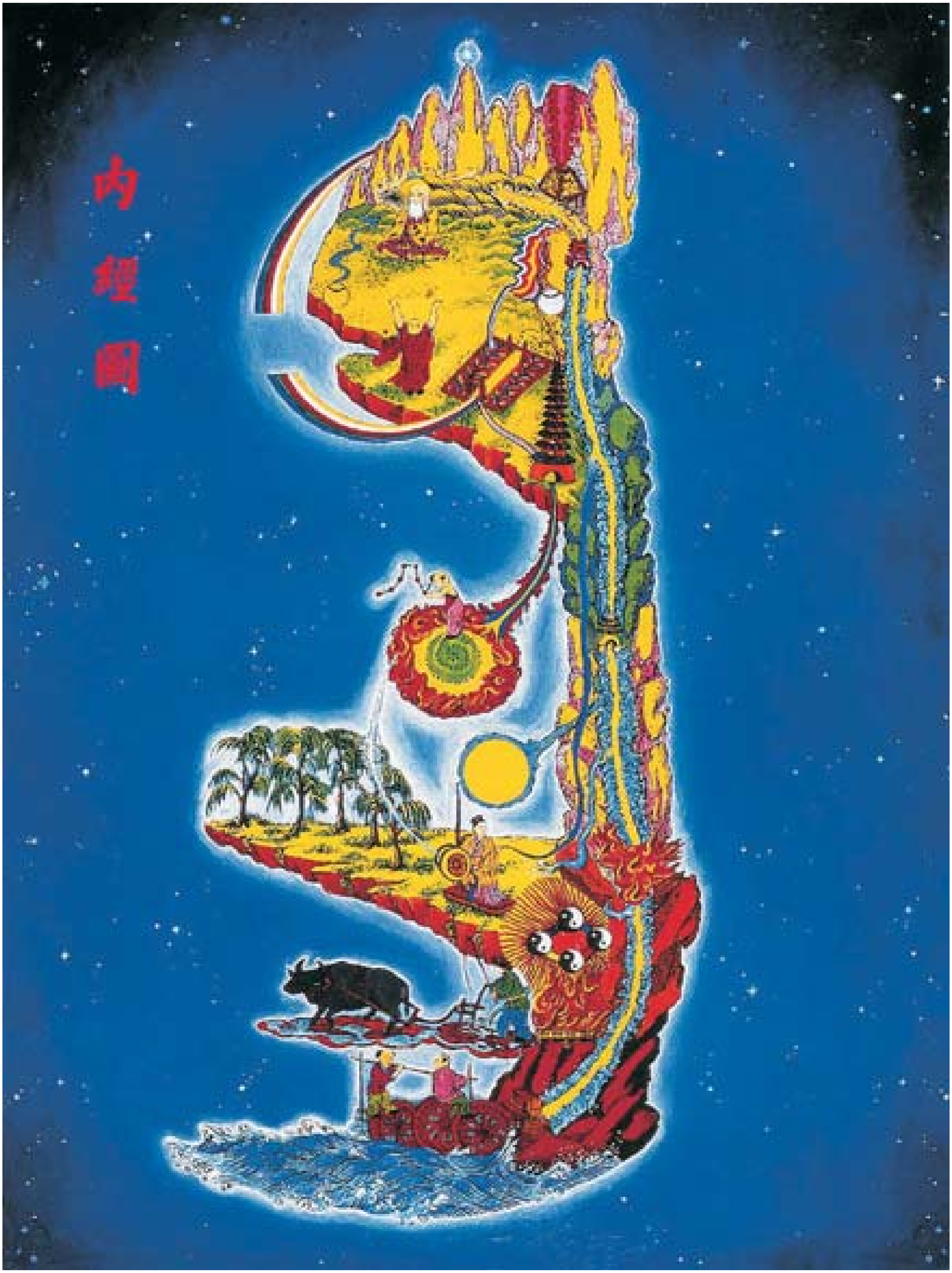


Dirk Oellibrandt

Dirk has been practicing the principles of oriental martial arts since the age of 13. His training combined with a great passion for nature helped him to develop a solid base with a high sensitivity for energies. In his evolution as a martial artist he became fluent with theTaoist specialties and Shiatsu. At 25 he began withdrawing from the external martial arts and studied different forms of Chi Kung, Aikido, Tai Chi and Pakua. He also learned to apply his energy in the form of healings; he studied different shiatsu systems, oriental medicine, and osteopathic techniques. His most important sources of inspiration are Master Mantak Chia, Saul Goodman and Michio Kushi.

His gathered knowledge and experience from his studies, treatments and teachings combined with his inherent sense of the universal laws helped him to give life to a new approach to the field of bodywork and healing. He named it “4 DIMENSIONAL BODYWORK”.

Dirk and wife Katrien direct an international organisation centered in Belgium called “DU MAI” to further this work. The unique philosophy underlying the Du Mai program combined with Dirk’s vigorous and awakening teaching and treatment style has been a source of support and inspiration for many. Together with a team of colleagues including teachers and therapists he is exploring the dynamics between the universal laws and the constant re-creation of our human body. This approach suggests exciting possibilities and higher dimensions in the art of healing and bodywork.


内經圖

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The Universal Tao Publications staff involved in the preparation, research and production of *Cosmic Healing II:Taoist Cosmology & Universal Healing Connections* extend our gratitude to the many generations of Taoist masters who have passed on their special lineage as an unbroken oral transmission over thousands of years. We particularly thank Taoist Master I Yun (Yi Eng) for his openness in transmitting the formulas of Taoist Inner Alchemy.

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We offer our eternal gratitude to our parents and teachers for their many gifts to us. Remembering them brings joy and satisfaction to our continued efforts in presenting the Universal Tao System. For their gifts, we offer our eternal gratitude and love. As always, their contribution has been crucial in presenting the concepts and techniques of the Universal Tao.

We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the methods and ideas presented in this book. We offer our graditute to Master Lao Kang Wen for sharing his healing techniques.

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Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

The meditations, practices and techniques described herein are ***not*** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Chinese medicine emphasizes balancing and strengthening the body so that it can heal itself. The meditations, internal exercises and martial arts of the Universal Tao are basic approaches to this end. Follow the instructions for each exercise carefully and do not neglect the foundations, i.e, the Microcosmic Orbit and any other supplemental exercises. Also pay special attention to the warnings and suggestions in each chapter. People who have high blood pressure, heart disease or a generally weak condition should proceed cautiously, having prior consent from a qualified medical practitioner. Pregnant women should not practice Cosmic Healing. People with venereal disease should not attempt any practices involving sexual energy until they are free of the condition.

The Universal Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

The correct way to work with Cosmic Healing II is to read and practice the techniques in Cosmic Healing I by Mantak Chia, to fully obtain the benefits of this new work.

Preface
Taoist Cosmology
Stellar and Planetary Connections

Dirk Oellibrandt

We are moving towards unprecedented changes, at the turn of the millenium. The accelerating speed of global change shows us that society is moving towards a climax of tension and contraction, the center of the evolutionary spiral where things are turning towards their opposites. The ability to adapt to this breathtaking process is essential to survive. These changes are not always caused by natural disasters or climatic alterations, but by the effect of centuries of the human drive for power, temporarily forming an unstable social atmosphere on the planet. This tension field is magnified by universal astrological conditions.

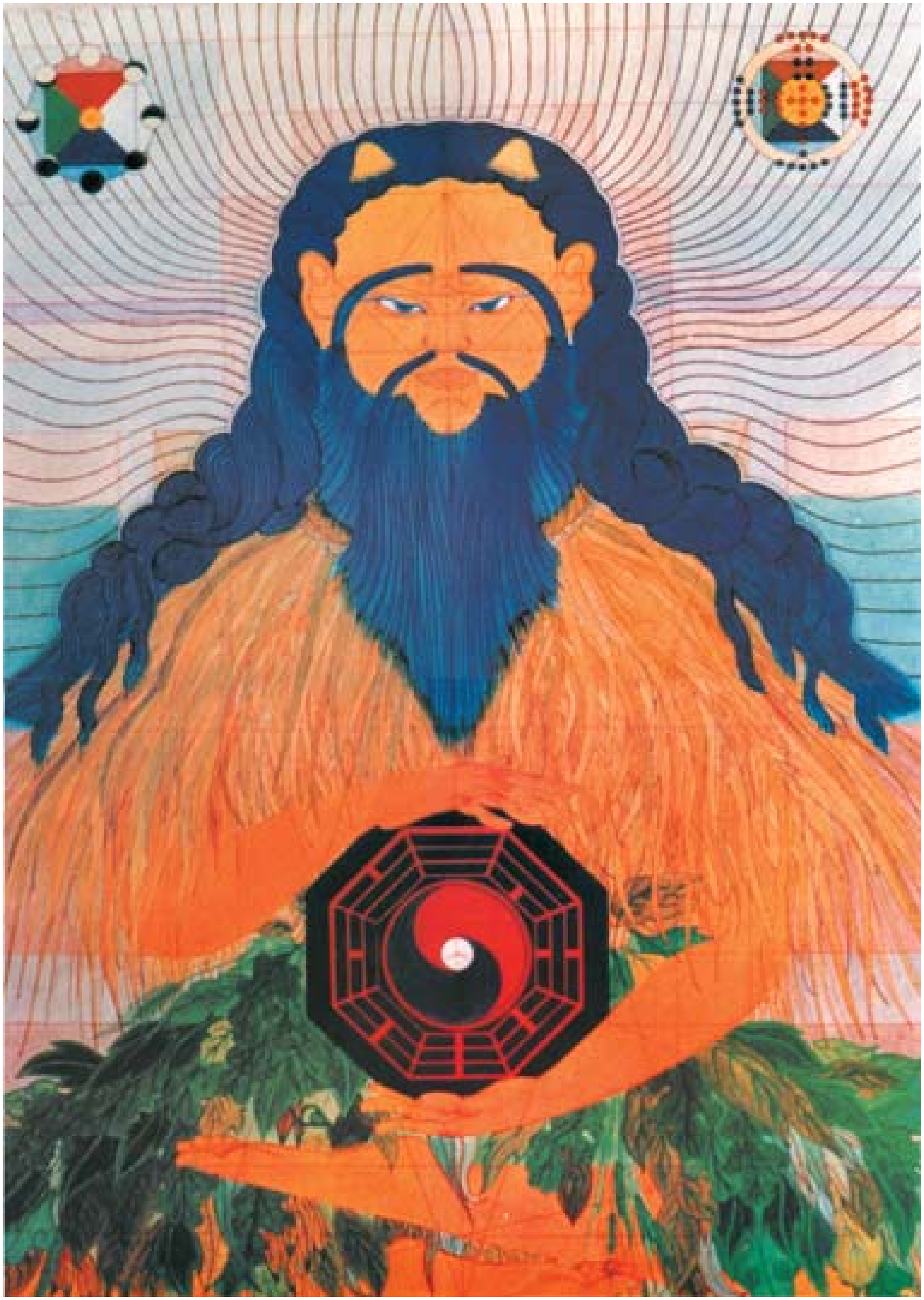
In the modern world, many people have barely enough energy to follow the speed and direction of these changes much less have enough creative energy remaining to consider and set down their true tasks. A major part of the world population spends too much of its precious energy trying to survive. Some do this by imitating and using political and social structures that are controlled by the commerical industrial groups. In this way they are destroying the roots of their own culture. Natural rhythms are changed by obsessive striving for material goods. Superficial pleasure takes over, disconnecting people from their spiritual roots and a natural way of life.

A new orientation in life and guidance by leaders who understand the order of the universe and can see truth in the midst of the realm of phenomenon and events, is one of the most urgent needs we all experience today.

This book does not pretend to and does not claim to solve these needs for you. We do, however, trust that these practices can help you to reconnect with who you really are and that it may help you in finding the way back to your origin. Once we reconnect to this source of intelligence, everything around us acquires a new and a deeper meaning.

This book offers parts of the Taoist cosmology about the planetary and stellar world, some personal insights and an introduction into Taoist planetary and stellar practice. Once you have integrated these into your life, they will help you to cultivate inner light and clarity.

We hope this book will inspire you and help you, so that you will feel more liberated and at peace with yourself. May it enhance your sense of ‘coming home’ as well. Although most information comes out of the ancient oriental tradition, we want to point out that the true information source is the ***Tao*** itself, the essential you ,including all countries, traditions, races and so much more.



Fu Hsi - Creator of the I Ching (Drawing by Juan Li)

Chapter I
Taoist Cosmology and Universal Healing Connections

Introduction

Taoism is a practice of studying and living the laws of the universe. It has its roots in a body of knowledge that many masters have gathered over thousands of years. According to ancient Taoist records, this practice has been the fruit of deep meditative practice by highly advanced practitioners who lived an intimate relationship with the universe and nature, often in remote and isolated places.

A major role in the discovery of a practical way to work with the energy of the universe was played by Fu Hsi, who has been credited in Chinese history with the discovery of the pakua and who has been seen as the creator of the I Ching, the most ancient Taoist book of wisdom. There is agreement among historians of Chinese culture that it was the Yellow Emperor, who played a major role more than 5000 years ago, in synthesizing Taoist practices in the domains of health and healing as well as in the healing love practice. He integrated a wealth of insights and practices from a wide variety of Taoist masters. This process of synthesis and accumulation of theory and practice continued to grow in subsequent millennia, until today. It is still evolving.

Taoist practice as we understand it is not religious in conventional terms, nor is it based on a creed or on transcendental principles.

It is a practice of self-awareness and self-transformation through which we gradually become one with the cosmos. In this process we realize and actualize ourselves, as within the physical body, the energy body grows (in Taoism known as the soul body) and within the latter the spirit body (the light, diamond or rainbow body - see illustration on page 12) evolves. It is in this process of subsequent energy transformations, that we return to our origins and realize our original intrinsic nature of which peace and freedom are the natural fruits.

There is a firm insistence in the Taoist wisdom tradition that any advance in energy transformation or what in western culture is called spiritual advancement, needs to be well rooted in the earth: thus the initiation into the higher practices bears fruit, in the Taoist view, only to the extent that the practitioner is rooted and grounded. Taoist practice may help a person to lead a fascinating life and at the same time grow spiritually by realizing one's natural potential.

Essential to spiritual growth is that the Taoist practitioner cultivates a sense of purity, joyfulness in life and a sense of wonder, thereby regaining and enhancing the openness and excitement of a small child. Not surprisingly the virgin child stands in the Taoist tradition for purity and immortality. In this way the practitioner develops one's own sense of inner truth as a reflection of one's innate spiritual origin.

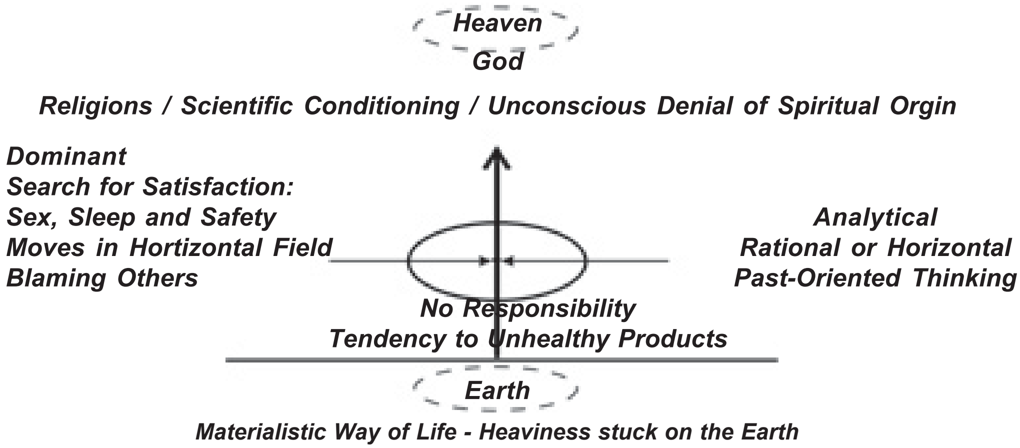
In the chapter which follows, we offer an approach which integrates ancient Taoist insights with knowledge and information from several more recent sources, exposing a wide range of possibilities. We hope that the information offered in the following chapters may help the reader to enhance his or her awareness, health and quality of relationships and may also serve to raise thereby, the quality of society in general. Knowledge of this material can also be used in personal healing and by those who engage themselves to help others to heal themselves. Promising effective results of this approach in thousands of treatments have encouraged us to share this information. In the near future a book may appear which will be specifically focused on the therapeutic possibilities of this work.

Three Ways

We propose that the reason for the generally poor quality of our lives and that of society is due to the perception we have of who we are, where we originated and what we are doing here on earth. The quality of our life as we live it does not reflect our full potential. In what follows, we describe three different kinds of people, typical of the most common visions and life styles. Also we will see how we as human beings gradually entered into a process of degeneration and how we lost our divine nature. Many centuries of conditioning by institutional religion as well as by modern science have lowered our energy frequencies and have locked up humankind into a horizontal, materialistic culture in which sensitivity to our true origin has become obscured and we live cut off from the energies of heaven.

Thus we have become trapped into a rational, materialistic way of life. At the same time, as a result of our repression and disconnection we tend to be lost in guilt, we project negative emotions on others and look for truth outside rather than within ourselves. This book is designed to help us to reactivate the deep memory of who we are beneath the crust and overgrowth of the various forms of domestication and slavery that we have been subject to in the history of our civilization.

Horizontal Axis Dominant - Disconnecting from Heaven and our Spiritual Source



Materialistic Way of Life - Heaviness stuck on the Earth

Fig. 1.1 *Horizontal Axis*

This state of spiritual disconnection has been further aggravated by unnatural ways of living, moving and eating. Spiritual disconnection and materialist obsession are at the very core of modern society. Since we turned away from the higher intelligence of the universe, which is our only source of true knowing, we became like a space shuttle without external information, depending and hoping for good luck.

Thus most of us in the world of today live in an unawakened, half numb state, unconscious that we are caught in the past, afraid to look at ourselves and where we are here and now.

As this is the dominant state of social energy, it is not easy to avoid being trapped in it. Most people are resigned to this state and if you would ask them how they feel and how they are doing, they would tell you: “We are doing okay”. Their lives basically revolve around eating, sleeping, mating, security and power. If they would look deeply inside and were honest to themselves, they would see that they are rather unhappy and feel empty inside. The deep fear of looking at this pain and emptiness prevent them noticing that they have gravely suppressed their godly nature.

As children of the universe we are not only created by the same intelligence and the same subtle substance, but if we allow it, we spontaneously will co-create its evolutionary process. We are not only children of the universe and its love which gave us life, we are also its fathers and mothers, whose love is co-responsible for the way it evolves. As an ancient expression says:“Embrace the universe as a mother embraces her first born child”.

Once we truly take responsibility for ourselves, our health, our spiritual origin and our life task, we can start to wake up from this numb state. Then we become aware of the fear and mechanisms we have cultivated to prevent ourselves from getting in touch with our true selves. Only when we have the courage to look beneath the surface of our ordinary consciousness, will we be able to open up and walk the path to freedom and spiritual independence.

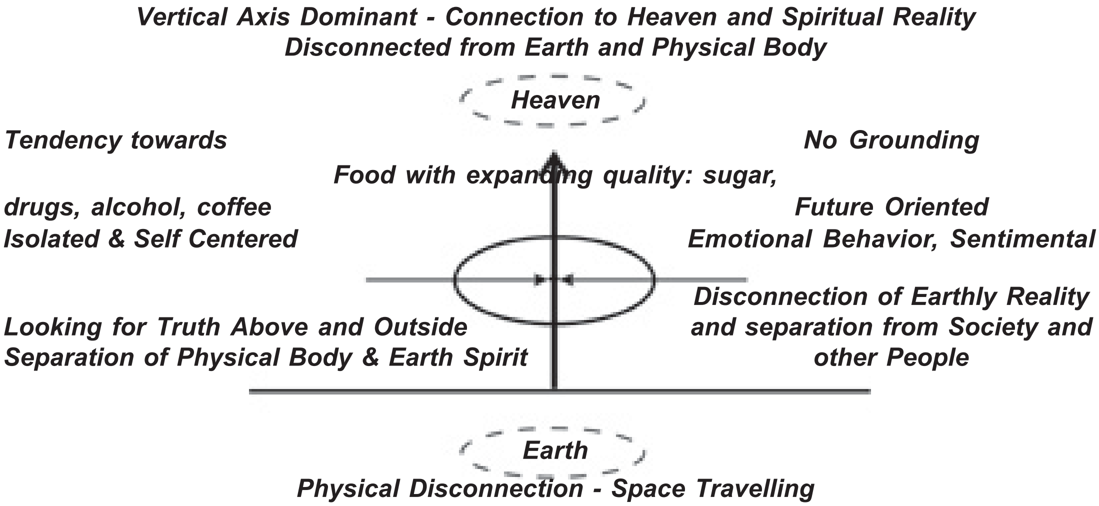


Fig. 1.2 *Vertical Axis*

The Flower Power period and the New Age movement may be seen as a reaction to the materialistic upsurge. However many followers of these movements, in their relative disdain of mundane and earthly material pursuits, have moved to the other extreme: a spiritualism without grounding 'roots' in the earth. Or they have the same fear pattern but now use a new emergency exit, which contains the same duality between heaven and earth and which has characterized most dominating religious and philosophical traditions.

People with poor groundings and a negative relationship with their body frequently face a host of problems in their daily lives regarding sex, money, health, self esteem and relationships. They often suffer from insecurity and have a weak relationship with the realities of life. They tend to seek ways to elude these realities, including their own physical existence, so that they experience a growing disconnection between body, mind and spirit. They do understand that they need to look for truth within themselves, as they carry the divine within. But they find this difficult because of the split which they have created within themselves between what is "above" and what is "below", between heaven and earth within themselves.

The pursuit in realizing freedom often causes such spiritual aspirants to imprison themselves in their search. As a result they are bound to end up as imbalanced as their materialist opposites. It is the deep pain they experience which pushes them to a spiritual path, free from all obstructions. Now the same ego is hidden behind a spiritual mask. When we turn our attention away from our body we cut the intelligence away from the 'matter'. In this way the body is ignorant, dependent and selfish. We dishonor the female nature, the holiest temple on earth. The higher frequencies are not balanced and integrated in the physical body, so the vital essence will gradually leave the body or will transform into high energy frequencies that can only be partly assimilated in the physical body. The balance of the energy will leave the body and find a new 'attraction'. Physically this person will start to weaken slowly and all kinds of symptoms will appear, ultimately leading to premature aging. Their heart-energy may be compared with to a flower which is not connected with the roots. Their spiritual condition is only momentary. They only live in the upper body, as they tend to ignore or are afraid of their sexuality; they lack a connection with the belly, their energy center. As love and sex are not connected, their relationships tend to be emotionally unstable and superficial. Let us be true to ourselves; we were not given our bodies to deny them. We can all contribute to the quality of life on this planet by dissolving the denseness and separation in our mind and our social mentality. The problem is not only in the body, but also in the absence and denial of an understanding of the infinite and unfathomable true spirit and universal mind. Taoist masters realize that truth lies in a spiritual life which includes the physical body. By consciously fusing the spirit with the core of physical existence a new quality of life arises.

Taoist self-healing practices can significantly help such people: by teaching them how to get in touch with the spiritual nature of their body, to care for it and make it healthy and strong. This is essential for the growth of a healthy energy body.

The initial focus of Taoist practice is on creating a healthy and strong physical body, well rooted in the source of life, the energy of our ‘mother’ earth. At the same time Taoist practice acknowledges that the origin of our spirit is in heaven. Our soul has chosen to incarnate on earth and seeks opportunities to grow and evolve, by learning from the universe. Since everything finds its nature in Tao or the great spirit, the human body, soul and spirit can be seen as different densities of the same substance.

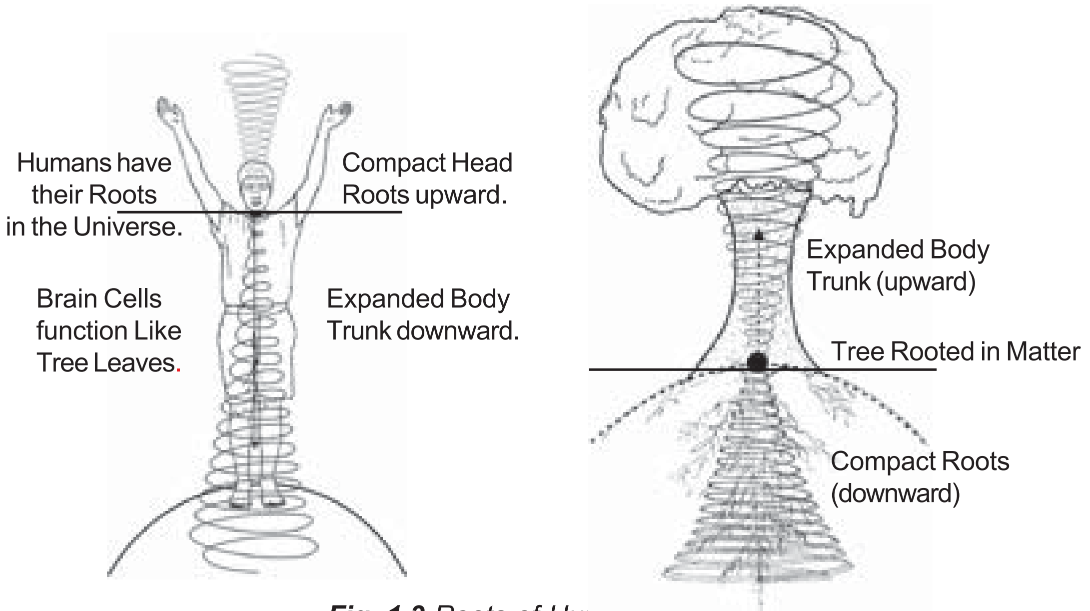


Fig. 1.3 *Roots of Human and Tree*

In view of our unawakened unconscious state, most of us tend to get trapped in one of the two poles: either by focusing on an earthly life at the expense of heaven or the other way around. This imbalanced polarity is well illustrated by the struggle between men and women.

Over the ages, Taoist masters have frequently obtained great insights in the art of cultivating their health and physical strength. Longevity was one of the fruits. In such a way they enjoyed much time and space to cultivate their spirit and to transform their physical and energy body into a light body. In the Taoist tradition this state of being has also been called “the crystal” or “the immortal body”.

With the deepening of the grounding practice, the higher body can grow step by step and the emotions of daily life, with its ups and downs, gradually lose their uprooting effect. When one practices daily, a point may be reached where one feels the desire to withdraw from society, live away from the hustle and bustle of modern life, to facilitate a truly intimate relationship with the universe and nature for a certain period of time. This may speed up the transformation process, as has been demonstrated for centuries by monks of different spiritual traditions. Taoist masters have also advised their students to give up

their withdrawn lives and return to “the world” to maintain their roots in the realities of daily life. This advice was given by a master, if he observed that his students needed to mature and that they needed to get a taste of social life and experience desire, so that they could compare these two ‘directions’ and appreciate the experience of true peace in their meditation practice.

Thus, before achieving a higher level of awareness and mastery over their energy, they were sent for a few years into a busy town to work as a dishwasher or do other menial jobs. If the student had reached the stage where he could maintain his inner peace, even under difficult circumstances, then he was seen as becoming a master himself.

For most people, withdrawal from society and from social relations and earthly life may only be advisable after having learned and integrated different stages and levels of energy transformation within society. If we withdraw from society without the necessary maturity and insight, the mind is often bound to remain restless, as it continues to look unceasingly for physical, emotional and mental satisfaction.

When a Taoist student has achieved a strong navel center and enjoys a firm connection of heaven and earth within, then he can freely move “upward” and “downward” without getting lost. The relationship between heaven and earth may be represented by a vertical axis which goes up (heaven) and moves down (earth). Along this axis we can visualize the different centers and levels of energy and their transformations (body/soul/spirit). Because of the firm rooting, the Taoist way of energy transformation is a safe one. It has been tested for many centuries. The Universal Tao practice is actually a self-cultivation program we can make use of effectively and apply in our daily lives. The practices lead us step by step from an initial level to the highest or “immortal” practices. The Taoist way of life teaches you to reconnect and become aware of your true spiritual origin and bring this experience down into the lowest center of the physical body: the Lower Tan Tien. It brings spirit into matter or light on earth. After achieving this strong rooting process between heaven and earth (vertical axis), the practitioner can move freely into the materialistic world (horizontal axis) without losing his connection with the spiritual.

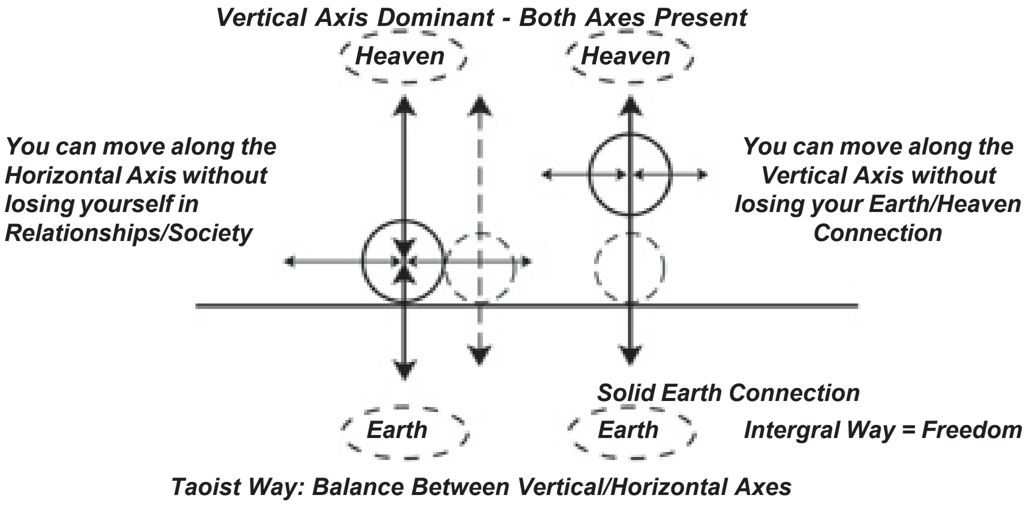


Fig. 1.4 *Both Axes*

Three Sources of External Chi

According to the Taoist view, the energy of the universe is comprised of three different realms.

The subtle origin of the universe or the Tao is the source of all life, all beings, all things, all energy and their various manifestations.

In the Tai Chi (See fig. 1.5) the circle represents the oneness and the yin and yang energies represent the intrinsic polarity of all forms of energy. Yin and yang represent a unity of opposites, always balancing, completing, embracing and containing each other. The interaction between yin and yang created the Three Pure Ones or the three energy sources in the universe: the cosmic force, the universal force and the earth force. Knowing that these energies contain the pure light of the Tao, we recognize the Three Pure Ones in the Tai Chi Tsu. The circle represents the cosmic light energy while yang and yin represent the universal and the earth energy.

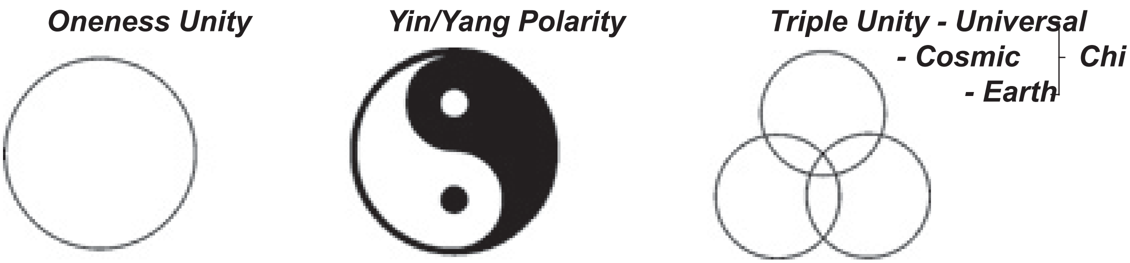


Fig. 1.5 *Tao of Triple Unity*

Cosmic Chi is born out of the original Chi of the Tao and literally carries the intelligence and essence of life. Guided by this intelligence it spreads out into the universe and manifests in different densities and forms defined by the cosmic laws. This is how stars, planets, human cells, subatomic particles and all other forms of life take form and are nourished.

In particular, cosmic energy descends and materializes into the human baby, as it is attracted into the world by the magnetic field between the earth and the moon. Since most people have lost the ability to consciously and directly absorb the cosmic light, we can only do this in a materialized form: either by eating living substances that have absorbed cosmic light (plants) or by eating living creatures (animals) that have eaten the plants. This means that we only consume light in the more or less materialized form: cosmic dust, which in turn becomes plants and animals. Evolution is leading us to return to consume from the source: cosmic light. In this way yin and yang have become one another, as the circle leads us back into light.

Taoist practice focuses on restoring this direct connection with the cosmic source (light particles) so that we regain the ability to directly live from light energy. In this way we become less and less dependent on eating plants and animals. There is abundant evidence that throughout the ages many Taoist masters have been able to live for months or

even years without taking any food and without losing weight, while maintaining and even enhancing their vitality. Today, more and more people in different places all over the world and with different backgrounds are living only on water, tea or fruit juice. This practice is possible because such advanced practitioners tap into the original source of human life and all other forms of being: cosmic light.

Both universal and earth energy have their genesis in the original energy of the Tao. The universal force of heavenly Chi is the radiating force of all galaxies, stars and planets of the whole universe. It is this all pervasive force which nourishes the cosmic force in nature and all life forms. The earth force is the third force of nature which includes all the energies of mother earth. This force is activated by the electromagnetic field originating in the rotation of the earth. It is also integrated into all aspects of nature on our planet.

The earth energy is accessed through the soles of the feet, the perineum and the sexual organs. Earth energy nourishes the physical body. It supplies our daily life force and is one of the principal forces used to heal ourselves.

Human Energy in the Universe

In early times Taoist masters had an understanding of what a human being 'is', an understanding which is quite different from some present day theories. Human energy was understood to be the highest manifestation of the cosmic light. The primary responsibility of humankind as the highest manifestation of cosmic light, was seen as keeping the balance between heaven and earth.

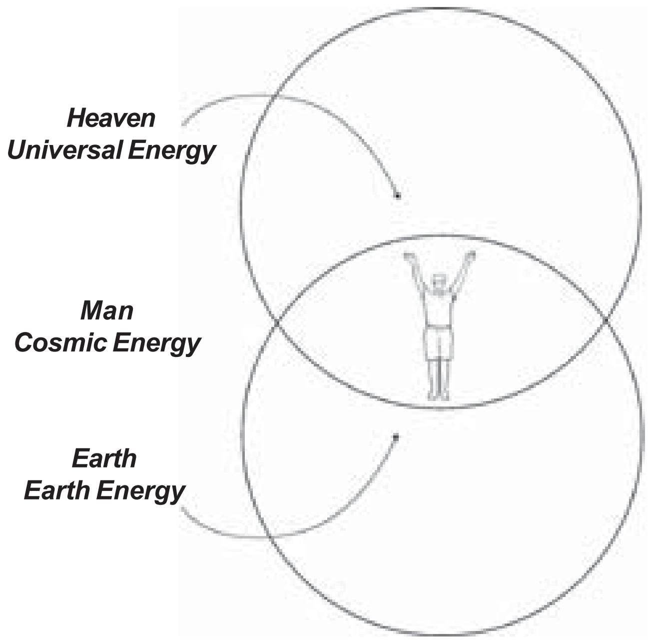


Fig. 1.6 *Balance between Heaven and Earth*

Today, responsibility is frequently experienced as a burden and not as an opportunity to grow. Supernatural powers of the 'Immortals' are not really extraordinary, as they are inherent to our natural position in the universe. Each of us holds the memory of the true potential of life and of human responsibility within our genetic code.

Three Levels of Existence

The threefold nature of the universe manifests itself in many different ways. In the Taoist vision, everything we see and experience around us has gone through three different realms or spheres of existence.

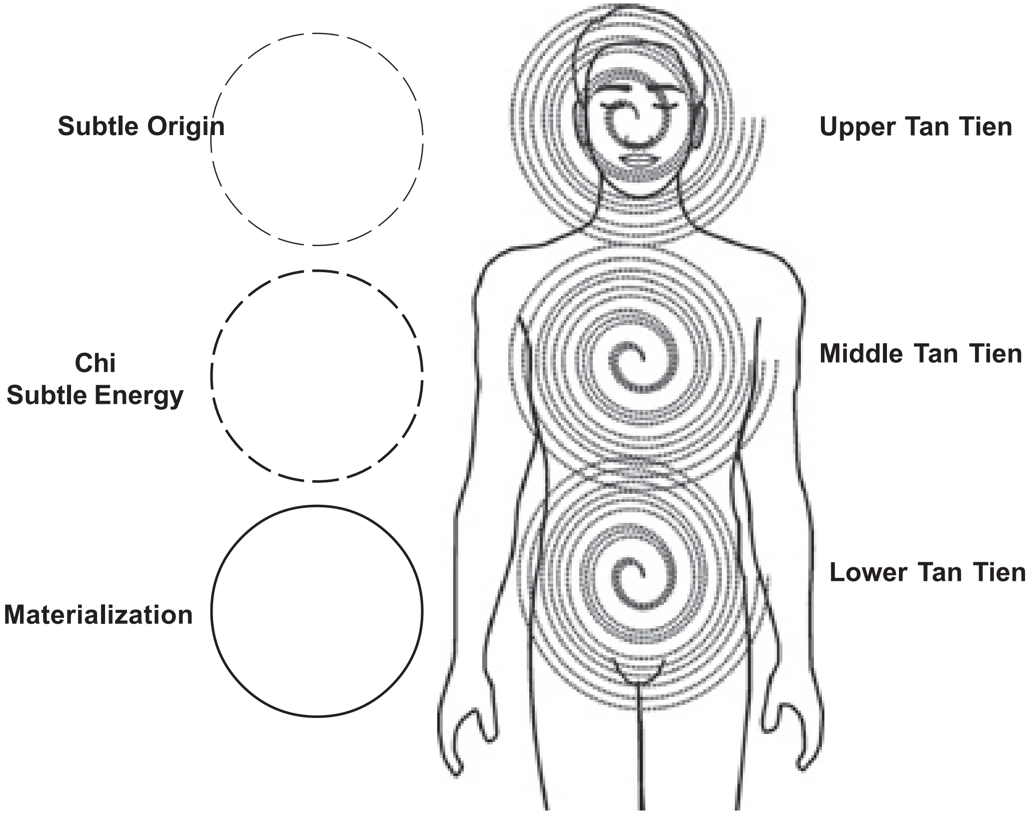


Fig. 1.7 *Three Tan Tiens in the Human Body*

The subtle origin is the source of everything: heaven and earth. It contains the realm of Chi and all phenomena.

1. The subtle origin or pure law of existence (Tao).
2. Chi, the subtle energy.
3. All phenomena, interactions, transformations of Chi.

The three realms are inseparable. Once we understand this threefold nature and experience its manifestation in our bodies, we have made a major step on our spiritual journey.

We have pointed to the necessity to open up the vertical axis and establish a deep rooting in both heaven and earth. The three principal energy centers in our body on this axis are called Tan Tiens. They are in reality the containers of the physical, soul and spirit energy. The way we become human is through a process of materialization (the body is the material densification of energy) in which the subtle energy of the Tao, connected to your spirit, has incarnated through your soul into your body. So heaven had descended into the earth and what is above and below have united.

The Tan Tiens (fig 1.7) each have specific energetic functions. The three main stages in Taoist spiritual cultivation are directly related to the Three Tan Tiens.

Three Tan Tiens and the Three Step Cultivation Process

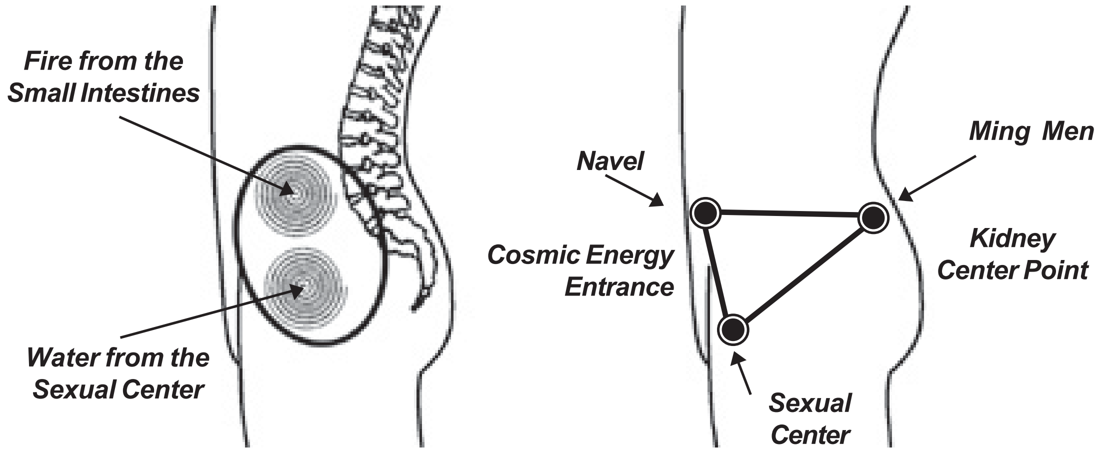


Fig. 1.8 *The Lower Tan Tien is found within the triangle.*

The lower energy center or Tan Tien is located behind and below the navel. It is located in the small intestine and is also called the lower fire. This center has a strong polarity because it governs the fire (small intestine) and the sexual water (kidneys) energy at the same time.

It is the center of the physical body and of physical strength. It contains a frequency of gross energy (compared to the two other two Tan Tiens). In the center point (see fig.1.8), the prenatal force is preserved by the power generated from the kidneys. When the Lower Tan Tien is strong, digestion is easy, emotions and experiences are easily transformed and there is much sexual energy.

The center point contains the basic spark which was created when your father's sperm penetrated your mother's egg. If this spark continues to be active and strong, it provides life force to the billions of cells throughout your body. The Lower Tan Tien is located in the triangle between the navel, the opposite point to the navel (in the spine between the second and third lumbar called the 'Gate of Life') and the sexual center. For men this is the prostate gland and for women it lies in the top of the cervix between the ovaries.

Control of sexual energy and its transformation into life force is essential if we wish to raise our energy level in the Lower Tan Tien. For men this implies that they need to preserve the life essence of the sperm during intercourse or self stimulation. Through controlling ejaculation they can transform the essence of the sperm into Chi. For women it means that they learn to regulate and control menstruation, thereby transforming blood into Chi. For healers, it is very important to learn how to transform sexual energy into spiritual energy. Because this original balance between love and sex, or water and fire contains in itself the essence of healing and creation. Self-transformation is a condition for being able to help others on the path of transforming sexual energy into spiritual energy. Once the energy in the Lower Tan Tien has become pure and strong, it will naturally ascend to the heart center, Middle Tan Tien.

When the Lower Tan Tien transforms negative emotions, a purer higher frequency energy arises and radiates from the heart. The state of compassion and of love as a high energy state is the fruit of the virtues of all organs. This should not be mistaken for the dualistic sentimental love that all of us have experienced temporarily and taken for a peak love experience at some time in our life.

The true godly nature of our being and our love starts radiating through our higher self connection in and from our heart center. In this state there is an abundance of energy, as the heart center is directly nourished by the cosmic light. In this state a deep oneness with people around us can be experienced.

This higher energy and awareness level allows us to help others while not losing energy ourselves. This **light of compassion** which is born from universal love can be cultivated and will gradually attract more pure divine light and spiritual essence.

This spiritual essence is attracted by the crystals (the glands) in our head at the core of the nervous system. This compact, spiral-formed spiritual center is also called the Upper Tan Tien.

In this process, the nature of our life changes and adopts a divine quality. The actions and directions you choose come from the laws of the universe and are no longer determined by animalistic behavior, emotional satisfaction or a drive for wealth and power.

The spiritual essence is gathered in the crystal body, a body that does not dissolve at the moment of death, a body that carries us to immortality.

The three step cultivation is a life long process of self cultivation that gradually takes us from the suffering of addiction and dependence, extreme emotions and ups and downs, into a life of freedom, spiritual independence and enlightenment.

The three step cultivation leads to:

☆ A healthy body and an abundance of life force.

☆ Control and balance on the emotional level and the growth of the **Compassionate Heart Center**. This compassion is raised by cultivating virtues and by good deeds and is stored in the soul body.

☆ When the soul body matures, it acts as a baby sitter to help nurture the spirit body.

☆ Body, soul and spirit are united deep into the Tan Tien, enlightening the person.

☆ The ability to share this light and wisdom with everybody around them.

Since the soul carries the seed of the immortal or spirit body within, the development of the spirit body is the condition for breaking through the law and the wheel of incarnation. When the three bodies are established and spiritual energy is dictating the quality of life, the practitioner can transform energy from the physical into the soul body and from the soul into the spirit body.

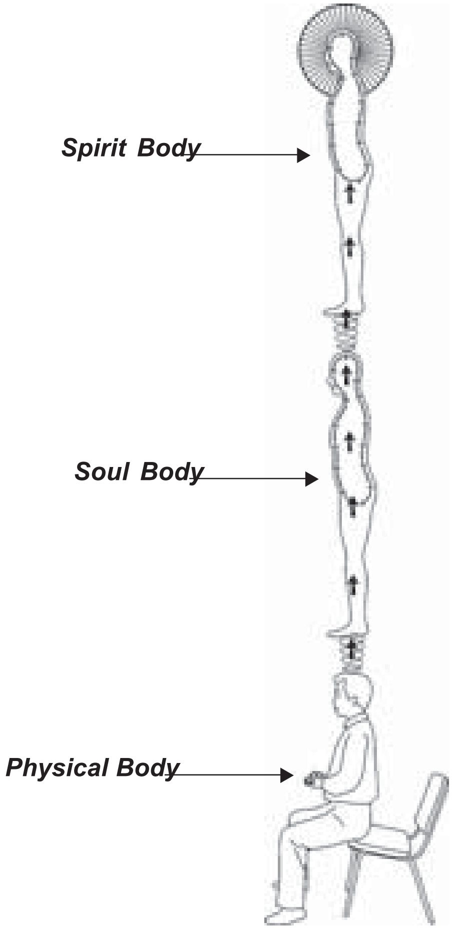


Fig. 1.9 *Three Bodies*

At the moment of death, the energy of the physical body will be partly or completely absorbed into the spirit body. This means that the physical body eventually dissolves. There are many records of Taoist masters who successfully dissolved their physical body rapidly into the spirit body, leaving only teeth, hair and nails.

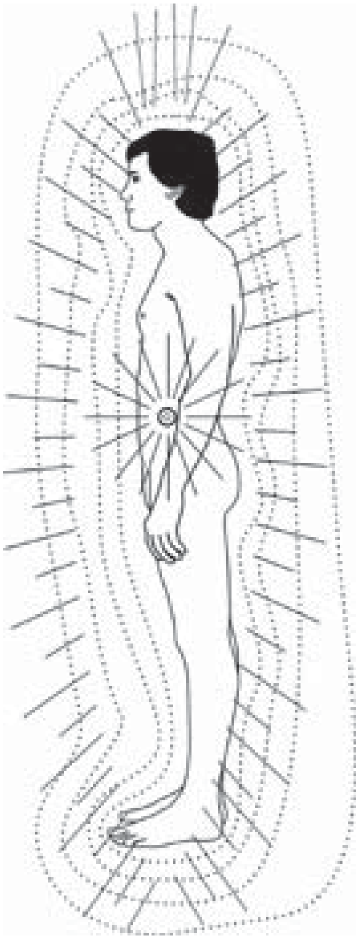


Fig. 1.10 *Pearl of Consciousness*

In the condensed state the soul body is kept as a pearl of consciousness with the spiritual essence deep inside. This consciousness center creates a bright protective awareness field.

Chapter II
Universal Tao Basic Practices and Preparation Exercises

Introduction

In the Universal Tao, we teach Cosmic Healing within a system of exercise and meditation. As a part of this system, Cosmic Healing comprises the art of healing oneself and others and focuses on energy work for projecting Chi. One can easily learn the simple movements of Cosmic Healing without doing any other Universal Tao practices, but if one truly wishes to master the art of Cosmic Healing, it is important to have a firm foundation in the basic Universal Tao practices. Therefore in this chapter we will introduce you to the basic Universal Tao practices that are used in conjunction with Cosmic Chi Kung.

The preparatory practice consists of a few parts. Work through each part at your own pace and eventually join them together as a whole.

Always start with **warming the stove** at the abdomen and direct the fire down to the Sexual Center to transform the sexual energy. Next practice the Cosmic Inner Smile. The Cosmic Inner Smile is a powerful relaxation and self-healing technique that uses the energy of love, courage, fairness, kindness and gentleness as a language to communicate with the internal organs of the body. Each organ is connected to a specific element and corresponds to a specific color, so that the kidneys are, for instance, connected to the water element and correspond to the blue color, whereas the heart is connected to fire and red, etc. This makes it very easy to guide the healing power into each organ by using the appropriate color. The practice also aids the transformation of negative emotions into positive energy. This transformation is a very powerful Chi Kung practice. A **genuine smile** transforms negative energy into loving energy that has the power to relax, balance and heal. By learning to smile inwardly to the organs and glands your whole body will feel loved and appreciated and enjoy more Chi. After the Inner Smile, practice Bone Breathing, Marrow Washing, Cosmic Healing and the Microcosmic Orbit.

Warm Up the Stove

1. Sit at the edge of a chair with your hands clasped together and your eyes closed.
2. Start with ‘bellows breathing’, moving your abdomen in and out quickly. Emphasize the exhalation by breathing out forcefully for 18 to 36 times. Rest, cover your navel and feel warm and nice.
3. Next do the “inner laughing” exercise, where you feel the abdomen vibrate inside you. Practice for a few minutes, allowing the movement of your inner laughter to grow

stronger. Then rest and use the mind and eye power to gather the Chi, now felt as a warm feeling behind the navel, into the Tan Tien. Picture a stove with fire burning behind your navel. Feel nice and warm.

Transform the Sexual Energy

Once you feel the Tan Tien warm enough, smile down and bring the warm Chi down to the sexual organs; women, down to the uterus; men, down to the testicles. It may feel like the sun shining on the water. The rays of the sun purify the water until it becomes steam and rises up high. Keep on smiling down to the sexual organs and feel the warm or fiery feeling from the navel area continue to flow down to the sexual organs, transforming the sexual energy into Chi. Raise the Chi up the spine into the brain; this will help activate the crown and mideyebrow.

Focus your awareness in the sacrum. At the very tip of the sacrum, the coccyx, there is a hole. Breathe into this hole until you feel some activity there. This may be felt as tingling, numbness or pulsing. If you can really activate this point it will have ‘suction’. Be aware of the sacrum opening. Feel the hole in the tailbone (the sacral hiatus) having a suction-force; breathe into it until you feel it become activated. Once the sacrum is activated, you will very easily feel the suction and breathing in the cranium and mideyebrow also. Keep on gently smiling and softly breathing into the Tan Tien and feel the suction in the abdomen. Focus 95% in the Tan Tien and 5% in the sacrum, the crown and the mideyebrow. Be aware of the Tan Tien breathing and internally observe the pulsing and breathing in the sacrum, the mideyebrow and the crown. Do this 36 times.

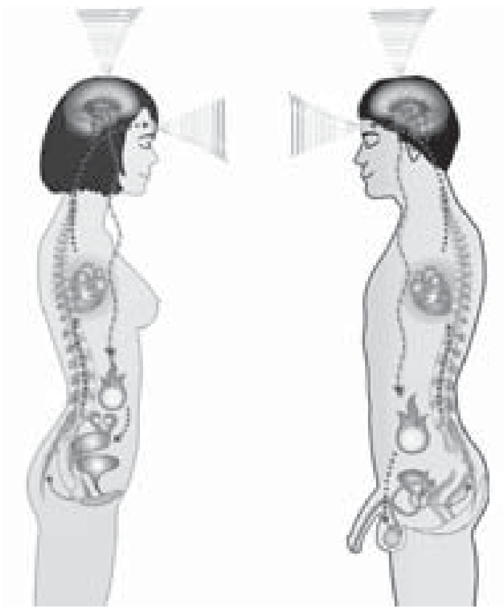


Fig. 2.1 *Breathing and pulsing in the sacrum, mideyebrow and crown.*

Cosmic Inner Smile

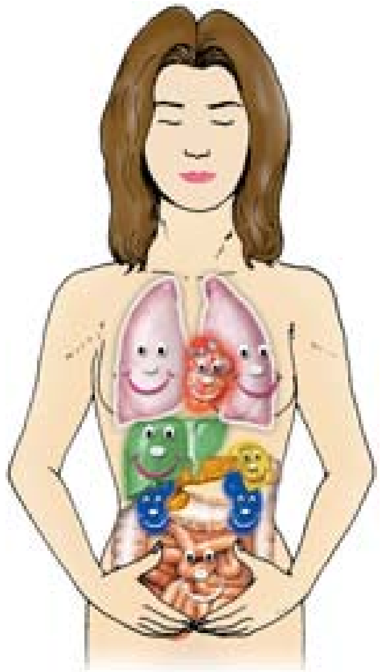


Fig. 2.2 *Smile down into the Organs.*

The Inner Smile begins at the eyes and the mideyebrow point and moves down to the heart. As you activate the heart, the loving energy will flow out and you will feel the energy of your Inner Smile flow down the entire length of your body like a waterfall. This is a very powerful and effective tool to counteract stress and tension.

1. Be aware of the **mideyebrow**, imagining that you are in one of your favorite places in the world, a place where you feel safe, relaxed and happy. Recall the sights you might have seen there, the sounds you might have heard, the scents, sensations and flavors that you associate with this place.
2. Imagine that one of your favorite people is standing in front of you, smiling to you with loving, happy, radiant shining eyes. **Smile** and slightly lift up the corners of your mouth.
3. Feel yourself responding to that special person's smile with a smile of your own. Feel your **eyes smiling** and relaxing.
4. Smile down to the thymus gland and picture a white flower blossoming. Gently inhale into the **thymus gland**, connecting your breath to the olfactory organ. Smell the good fragrance.
5. Aim your inner attention at your heart, picturing the image of the heart before your inner eye and smile to it. Smile until you feel the **heart smile** back to you. Picture your heart like a red tulip, gradually opening. This will activate the love and fire of compassion in the heart. Once you feel the red light and loving awareness it will activate the

cosmic **red healing light** or mist from above and around you.

6. Smile at the light or mist and very slowly, with a soft, long, deep breath draw the red mist, **love and compassion** into the mideyebrow, down through the mouth and throat, into the heart and gradually overflowing to the small intestine. Exhale, but retain the red light and the love and compassion in the heart and small intestine. At the same time exhale the cloudy, black or negative energy which holds hate, arrogance, heart-breaking traumas and irritation. Keep on doing this way of breathing for 18 to 36 times. Breathe until the heart becomes bright red before your inner vision and starts to radiate out to the tongue, mouth, nose, ears and eyes. Allow the red light to whirl around you and form a **red aura**. Feel your skin glowing with red energy.
7. Let the heart's loving energy radiate out to the lungs. Aim your attention at the lungs, picture the image of the lungs before your inner eye and smile to it. Smile until you feel the **lungs smile** back to you. Picture your lungs like a white flower, gradually opening and smell the good fragrance. This will activate the courage in the lungs. As soon as you invoke the white light and the courage into the lungs, you will also activate the cosmic **white healing light** or mist from above and around you.
8. Smile at the light or mist and very slowly, softly take a long deep breath and draw the white mist into the mideyebrow, the mouth and down to the lungs, gradually overflowing into the large intestine. Exhale but retain the white light and the feeling of courage in the lungs. At the same time exhale the cloudy, black or negative energy. Keep on doing this kind of breathing for 18 to 36 times. Until the lungs become bright white and start to radiate out to the nose, ears, eyes, tongue and mouth. Invite the white light to whirl around you and form a white aura covering your skin like autumn dew.
9. The **liver** and gall bladder connect to the green color of the wood element. Kindness replaces anger, which is expelled on breathing out. Do the same as above and create a green aura around you. Exhale the dark, cloudy heat. Inhale the **nourishing green** of the forests. Do 18 to 36 cycles, until the green light has completely filled the liver and starts to radiate out to your eyes, tongue, mouth, nose and ears. Invite the green light to form a **green aura** around you.
10. The **spleen**, pancreas and stomach correspond to the yellow color of the earth element. Connect to these organs and smile down into them from the mideyebrow. First connect to the heart, then attract the clear yellow light from above and around you. You might see the golden yellow aura of a wheat field ready for harvest. Expel feelings of worry; exhale the cloudy, sticky energy. Breathe in the golden yellow aura, filling your Spleen Center with **golden yellow light**. Repeat to complete 18 to 36 cycles, then allow the light to radiate out to your mouth, nose, ears, eyes and tongue. Wrap the **golden aura** around you, leaving a golden shine on your skin.
11. The **kidneys** and bladder correspond to the blue color of the water element. Gentleness is contained within the **blue healing light**. Inhale the blue aura into the kidneys. Expel feelings of fear or stress on breathing out. Allow your energy field to expand, breathing in and out the blue energy for 18-36 times, until it starts to radiate out from your kidneys to your ears, eyes, tongue, mouth and nose. Gather the blue mist on your skin, enveloping you with a **blue aura**.

12. Smile down to the **sexual organs** and reproductive system. Feel **love and the energy of sexual arousal**, the heart and sexual organs coming to union. Observe how this process transforms the sexual energy into Chi. Channel down pink and red light to the sexual organs. Thank them for their work in keeping you healthy and for giving you life force and creativity.

Cosmic Star and Earth Star

At the moment of conception, the two forces yin and yang connect with such a force, that only fractions of a moment later, the two forces explode into nine different energy centers. Seven of them we find in the body and two of them outside the body, forming our Personal Stars.

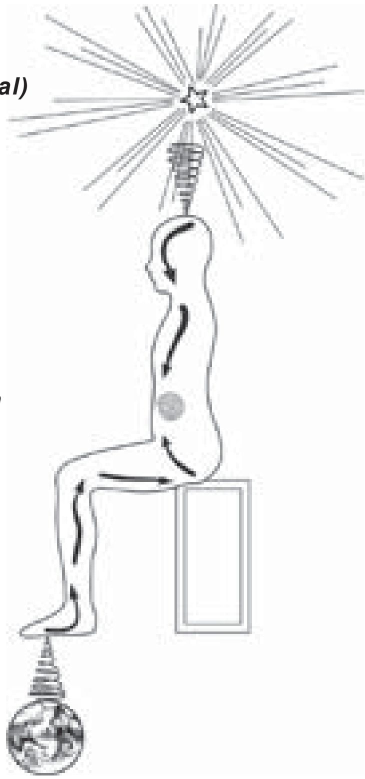


Fig. 2.3 *Personal Stars*

The two Personal Stars are in fact energy centers connecting the auric field of each individual with the universal forces and the earth forces. In a way one can see the aim of the Taoist Inner Alchemy in bringing these nine forces together, merging them in one force and thus, enabling them to return to the original force, the Wu Chi.

There is a star about 6 inches above your crown and 1 to 3 feet below the soles of your feet, also known as the higher self, guidance, protector, advisor. These stars are our connection to the cosmic force, the universal force and the earth deep below us.

Always make sure your Tan Tien is warm and the sacrum, cranium and mideyebrow are breathing. Be aware of the crown breathing and see a star or a small sun above you. Feel a light beam extend out of the crown and make a connection to the star above you. Keep on breathing until you feel a strong connection. Feel how the star above you is exercising a strong pulling force on your crown. Once you feel the pull on your crown you will also feel a strong pull down from the ground. Be aware of the star above and the earth and universal force below you. Feel that both of them have a strong 'pull' on you.

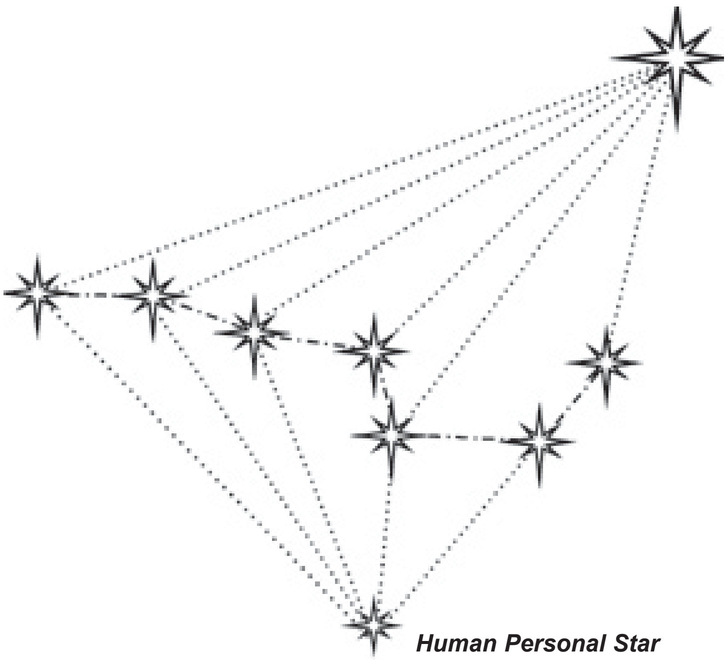


Fig. 2.4 *North Star, the Big Dipper and Human Personal Star*

In Taoism we consider the North Star as emitting a violet light (which is regarded as the highest healing light) and the Big Dipper as emitting a red light.

You can do these meditations sitting, or standing in the Chi Kung postures. The standing position will provide a stronger structure and allow for a better connection with the earth through the feet.

1. Reconfirm the star above you and the earth directly below you.
2. Fix the image of the North Star and the Big Dipper six to nine feet above your crown. See the cup of the Big Dipper filling with the violet light, which gathers Chi from the North Star and the universe.

3. Reach up with your right hand, and hold on to the handle of the Big Dipper. Pour the violet light down to your Personal Star 4 to 6 inches above your head, in order to predigest the energy of the violet light. Then let it flow down to your crown, into the Upper Tan Tien, to be processed and flow down to the Heart Center (Middle Tan Tien) or to the back of the head down to C-7 (Cervical 7) and T-2 (Thoracic 2) and down to the palms.



Fig. 2.5 *North Star and Big Dipper connecting with the Crown.*

4. Always remember to breathe in slowly so you can process the awareness of the Lower Tan Tien. Feel a suction, warmth (Chi) and continue to breathe in and be aware of the suction of the Crown, North Star and Big Dipper above you.

Fill the Joints with Chi

The bones have the ability to process cosmic Chi (Chi above and around you) to be used by your body. The joints are also able to store Chi which serves as a cushion between the bones.

1. Be aware of your index fingers and thumbs. Feel Chi enter the fingers and the joints; this will make them tense and stiff. The stiffness and tension come from the Chi filling in the joints and pushing the fingers to become longer. Keep all fingers tense with Chi and slightly raise the index fingers and open the thumbs to the sides. Feel the thumbs tense. Breathe into the fingertips, until you feel the sensation of Chi entering the fingers. Continue to breathe in the Chi and the stiff feeling will go from the fingers to the wrist, elbow and shoulder joints, making the whole area tense and stiff, so the fingers and the arms become one piece. Chi will gradually fill every joint of the body and make the whole body become one piece.

2. Be aware of the big toes, breathe into the toes and feel the toes grow longer. When the Chi fills the joints, the big toes become tense and stiff. Gradually it will fill the other toes and the feet and come up to the ankles, knees, femur bones and hips, until it reaches the sacrum and the spine. A sensation of numbness or an electric charge will start to flow up your legs. The legs and the spine become one piece.

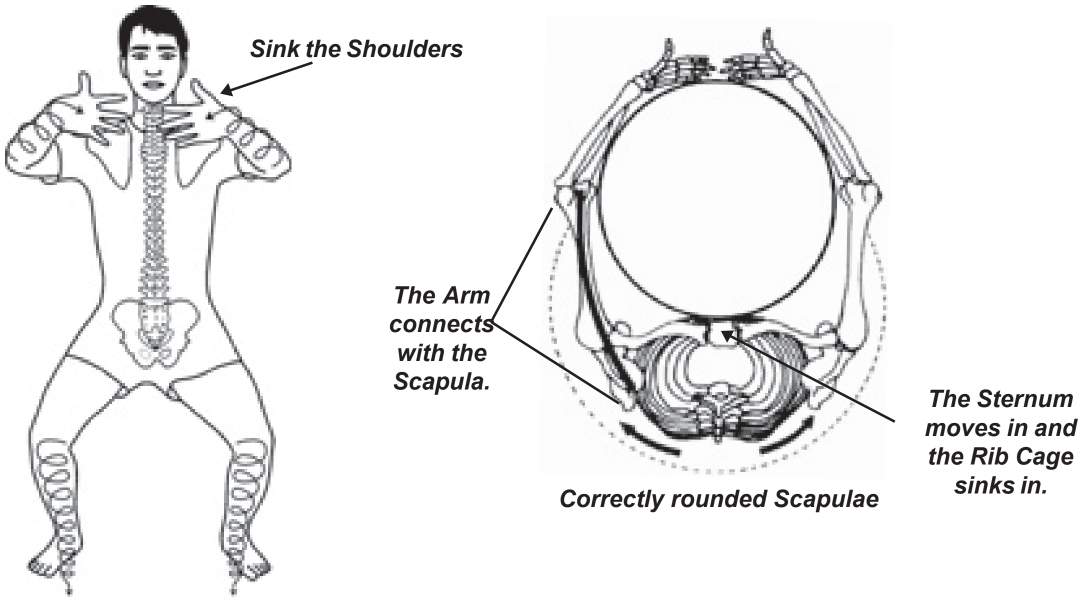


Fig. 2.6 *Bone Structure*

Bone Breathing and Marrow Washing

Bone Breathing is one of the main practices of the Cosmic Healing Chi Kung practice. This is a method of drawing external Chi through the skin into the bones to help regrow and replenish the bone marrow, thusly assisting in the production of white blood cells. Sending Chi into the bones will therefore enhance the immune system. This process also helps to clean out fat in the bone marrow ("Washing the Marrow"), one of the main causes of osteoporosis (brittleness of the bones). Tension in the muscles close to the bones is decreased so Chi and blood can flow into them easily, and the bones themselves become strong.

The Bone Breathing process uses the mind and the eyes to absorb Chi into the bones. The better your Bone Breathing is, the better your Cosmic Healing Chi Kung practice will be. Mind and eyes are also used immediately after the exercise to gather the energy at the navel. Once you have it, when you move your hand, the energy will follow easily. You will be able to absorb external Chi effortlessly, so you will not need to use your own energy in your healing work.

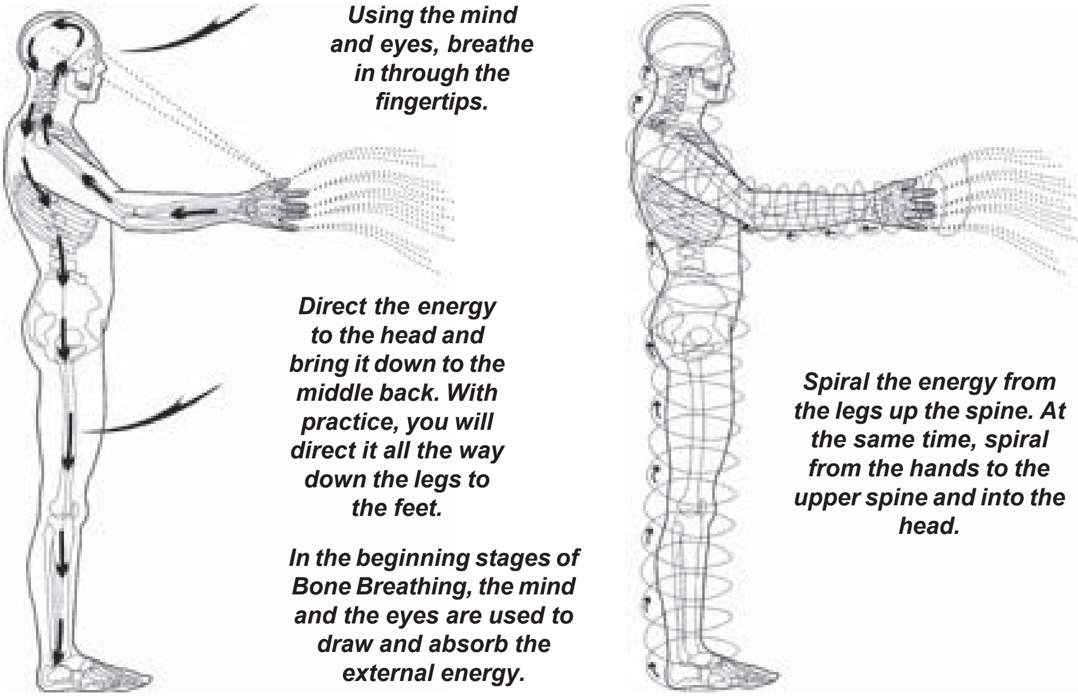


Fig. 2.7 *Bone Breathing through the Fingers*

Bone Breathing

There are several variations in the Bone Breathing and Marrow Washing process. Here we will introduce you to the first type of Bone Breathing, inhaling and exhaling Chi through the skin and packing it into the bones. In this method, you imagine that your bones are like hollow bamboo tubes and that you are breathing and drawing the Chi into them.

Bone Breathing is practiced in a three-stage process. Let your breathing follow a normal pace. Do not strain or hold your breath too long.

1. You can do this practice in the sitting position or in the Embracing the Tree posture (or any other Iron Shirt Chi Kung posture). You will use your mind and eye power to breathe in a short breath and at the same time feel suction. Suck the Chi of the atmosphere into your hands, eventually expand to the universe, breathe in a few times more. Use a combination of mind/eye/heart power (Yi) to suck the Chi from the atmosphere into your hands, while taking small sips of breath. **Smile.** Once you can clearly feel the increase of Chi-pressure in your hands, you extend the feeling throughout your arms, having the whole skin surface of the arms breathing in the Chi. Feel the skin hold Chi pressure.
2. Inhale one more deep breath and lightly contract the arm muscles to squeeze the Chi into the bones, hold for a while, condensing the Chi into the marrow of your bones. Exhale and at the same time, feel a distinct heaviness in the bone, meaning that the

Chi has been condensed and packed into the bones. Eventually you will use more mind power (mind/eyes/heart power) and less muscle and use soft breathing, to draw the force into the bones. Do this 6 to 9 times; rest and feel the Chi having been condensed into the bones.

3. Proceed in the same way, breathing in progressively through the bones of the forearms, upper arms, scapula, collarbone, sternum and ribs. You may feel a different sensation as you breathe in each area (in some areas the feeling is cool, in others warm or tingling depending on the bone structure and the quality of the marrow).
4. Inhale and exhale in the same way through the legs and then, in a step-by-step progression, inhale up through the calf bones, thigh bones, pelvis, coccyx and sacrum and up the spinal column to the C-7 vertebra.
5. Finally breathe in through the arms and legs simultaneously. Combine their energy as it flows up past C-7 and up through the neck and into the skull. Breathe in this way for at least nine breaths. Conclude by collecting energy at the navel.

Marrow Washing

You can wash your bone marrow with earth force, heavenly force or with cosmic force. This energy helps to cleanse and rejuvenate the bone marrow.

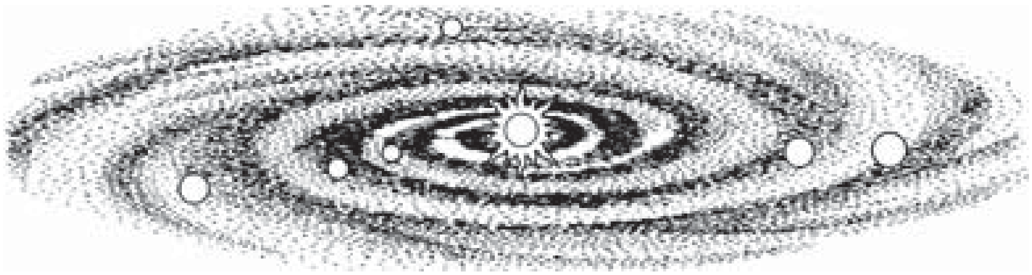


Fig. 2.8 *Star and the Direction of Spiral*

Heavenly Force Marrow Washing with Violet Light

1. Men place the left palm on the top of the head and cover with the right palm. Be aware of your Personal Star above. Slightly press the palms and spiral in a clockwise direction, meaning to spiral from the front to the right ear, to the back and the left ear for 9 times; rest and feel the increased Chi pressure in the crown. Do 3 sets.
2. Women place the right palm on the top of the head and cover with the left palm. Be aware of your Personal Star above you. Press the palms lightly and spiral in a counter clockwise direction, meaning to spiral from the front to the left ear, to the back and the right ear for 9 times. Rest and feel the increased Chi pressure in the crown. Do 3 sets.
3. **Smile**. Raise the arms, palms facing toward heaven and scoop the galactic Chi into a ball above your head. This Chi ball contains the North Star and the Big Dipper. See the Dipper cup fill with violet energy. Imagine you reach out your arms to hold the Dipper handle and pour the violet liquid over your crown. It will feel as if there is a numbness

descending down. Your palms face down now to empty Chi and the whole galaxy down into your crown. You may perceive this energy as a violet amethyst and red light frequency.



Fig. 2.9 *Your Hands scoop up the whole Universe through the North Star and the Big Dipper.*

4. Guide this sensation down to your skull, deep into your brain, sternum, cervical vertebrae, thoracic vertebrae, lumbar vertebrae and down through your legs. Feel it penetrating and enlivening your bones, deep into the bone marrow, washing, cleansing, energizing.

   This liquid like Chi spills all the way down to your feet. Feel it connecting with the earth through the soles of your feet; be aware of the bubbling springs (the K1 point of the kidney meridian) breathing and pulsating.

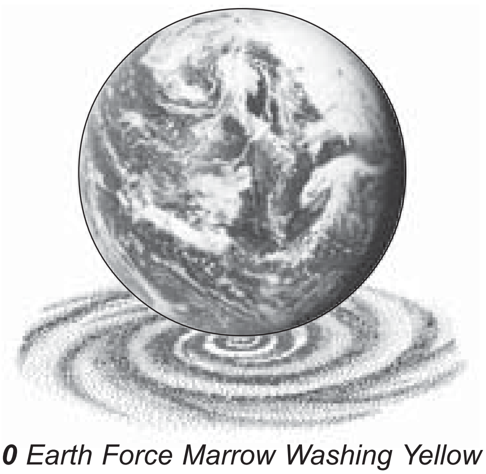


Fig 2.10 *Earth Force Marrow Washing Yellow Light*

1. Touch your navel with the fingers of your hand. Focus on the door of life and let the fire activate in the Tan Tien and kidneys. Chi will rise up to the brain.
2. Move your hands down touching your femur bones, feel your hands penetrate into the bones and into the bone marrow. It will feel like an electric shock, or tingling is moving all the way down through the bones of the legs and down to the soles of your feet.
3. Slowly move your fingers down touching the bones and the bone marrow until you are squatting with the heels touching the earth. Move your intention down through the earth to touch the universe on the other side. Raise your sacrum up and picture yellow light coming up from the earth and the other side of the universe, focus on the Lower Tan Tien and feel it fill with Chi. Do this three times.



Fig. 2.11 *The Hands circle to Gather Earth Chi in Squatting Position.*

4. Palms face down to the earth. **Smile**. Be aware of the galaxy and the yellow light, make three to six circles to gather the Chi below. Gather the yellow Chi to touch your heels and feel the yellow Chi rise up the leg bones. Feel it bubbling, like electric currents running up through the bones of your feet, tibia and fibula, femur, pelvis and spine. While touching your bones and bone marrow with your fingers, slide your hands along the whole route on the back of the legs, slowly coming all the way up to touch the coccyx and the sacrum. Concentrate on your Sexual Center so the energy will flow and spread out to the sexual organs. Go back to the navel and gather the Chi into your Tan Tien.

Source of Chi and Color

There are different sources of Chi in the universe. Cosmic (air), nature, earth and human to name a few. In humans, each part of the body has a different kind of energy and these energies correlate directly with the universe and nature. Each part of our body, organs and glands can produce, receive, transform and emit different types of Chi.

Earth Chi

While Cosmic Chi (the atmosphere over us and the universal force) is ethereal in nature, what is called earth chi is not. This Chi appears as the line visible above the horizon when the sun is low in the sky, and seems to hover just above the ground. It actually also sinks into the ground.

Earth Chi contains yellow and some white Chi. Earth and cosmic Chi, when combined, have a very powerful healing reaction in the body. It is very balancing and mild. When treating a problem, white Chi, in the proportion 7:3 (7 white to 3 of the selected color) acts as a brake on colors which are hot or too active. This enables the body to take in Chi more easily.

Simple Practice:
During and after sunrise (and before sunset) look at the edge of the sky and the earth. Stand still and extend your palms toward the sun, **smile** and absorb the colors in to you.

Human and Nature Chi

This Chi is derived from all the things we can see on the earth. In Cosmic Healing, we use energy from the mountains, lakes, oceans, forests, caves, valleys, rocks and precious stones. The Taoists classify the elements into five forces: earth, metal, water, wood and fire. There are five elements in our body, in nature, in the cosmos and in the universe.

According to Taoist tradition, once we make the connection to ourselves and control our internal bodily elements, we will quickly make connections to nature and the universal forces and employ them easily.

Solar Chi

Before sunrise or sunset there is more white Chi in the air which we can use abundantly for health and healing. White Chi affects the lungs and the large intestine, so we direct this Chi to these organs. This will generate further Chi to maintain our daily activities. White contains all the colors of the rainbow or spectrum.

Special Note: Many of the color references came from the following books: *“Let There be Light”* by Darius Dinshah and *“Advanced Pranic Healing”* by Master Choa Kok Sui.

Sun Essence

The best time for practice with the sun is at sunrise and sunset, when its glare is not too strong for the eyes. The sun spectrum from sunrise to 9 a.m. is violet, and can be used for all organs, especially for spiritual work. You can select any color that you need.

9-11 a.m. is blue and can be used to strengthen the kidneys.
11 a.m.-1 p.m. is green for the liver.
1-3 p.m. is orange for sexual energy.
3-5 p.m. is red for the heart.

Seasonal Sun Practice

You can **emphasize** practice of the sun ‘spectrum’ inside the organ that corresponds to the season and its color;

Winter in the kidneys, blue.
Spring in the liver, green.
Summer in the heart, red.
Fall in the lungs, white.
Indian summer in the spleen, yellow.

Absorbing the Breath of the Sun in the Four Seasons

In Spring, absorb the orange Chi of the sun *before* it sets. In fall, absorb the orange twilight Chi of the sun *after* it has set. In Winter, absorb the white vapors of midnight (sun shining on the moon). In Summer, absorb the perfect clarity of the meridional sun of midday (protect the eyes during midday sun absorption). Breathe each in deeply.

These four types of breath, in addition to the blue breath of heaven and the yellow breath of the earth, are called the **six breaths.**

Sun Practice

1. Practice with the sun during and after sunrise.
2. Start with the Inner Smile, ‘Warm the Stove’ and make the navel warm.
3. Be aware of the mideyebrow. **Smile** into your eyes. Make your eyes cool and soft.
4. Open your eyes, look at the sun and keep on blinking the eyes. Close your eyes for a while. The eyes should be facing the sun. (You might see a purple reddish and yellowish color). Select the yellow and breathe it in through the crown and mideyebrow and into the nose, eyes and mouth (mouth closed, but feel the color penetrate into it). Feel the bones in your skull, the brain and the bone marrow. Absorb the yellow spectrum to wash and help grow healthy marrow. Let this ray penetrate down to the neck. Some might feel numbness, like a wave penetrating deep into the bone marrow and each cell of the body.
5. Let this ray go down to the sternum and the rib cage and feel it activate the thymus gland. This will help to strengthen the immune system.

6. Let the color flow down to the spine and feel numbness, tingling or warmth in the interior of the bones. This feeling may spread out to the organs. Let it go down to the hips and sacrum. Feel that the bones and the bone marrow have been activated and let the Chi descend to the bones of the legs and feet. The sun practice can produce the effect of a cosmic baptism. Feel the sun's ray baptize your whole body.
7. Rest and let the body absorb all these cosmic nutrients.
8. After you practice, look at the sun; single out the colors and picture the organs and see the organs glow with their relevant color.

Follow with the Seasonal Sun Practice (previous page) for the relevant time of year. During fall, picture the white color in the lungs. Look at the sun, blink the eyes, then close the eyes; select the white color and breathe into the lungs.

Winter into the kidneys, blue rays.
Spring into the liver, green rays.
Summer into the heart, red rays.
Indian Summer into the spleen, yellow rays.

Sun Essence Captured in Water

The essence of the sun is captured in water by exposing the water to sun from sunrise to 9 a.m. This is for absorption of violet, which can be used for all organs and especially for spiritual work. The time from 9-11 a.m. is for the absorption of blue and can be used to strengthen the kidneys; 11 a.m. - 1 p.m. green for liver; 1 - 3 p.m. is orange for sexual energy; 3 - 5 p.m. is red for the heart.

A special water can be made on the first fifteen days of the month in which the sun comes to the Golden Door. This water is called “Mineral Light Mother of Waters”.

To capture this sun essence, put purified rain or spring water in a sterilized bottle out in sunlight during the corresponding phase of the spectrum for one or more days.

You can drink the water, make herb tea or mix with food or medicine.

Solstice and Equinox

Taoists believe that the sun stops in its movement on the first day of each season. The moon stops on the days of the equinoxes and solstices. These stops are called “Doors”. It is the “Golden Door” in the spring. This is the door of access to the sun. In Autumn it is the “Eastern Well”, this is the door of access to the moon. The next stage is “Universal Yang” in the middle of summer when the sun culminates. “Great Cold” is the culmination of the moon in winter.

Symbolically, it is thought that the practitioner goes to be received by the Lord that grants the fruits of immortality. Gathering the sun essence at the “Golden Door” is done on the 3rd, 9th, 17th, 21st and 25th of the month in which the sun enters at the Golden Door. The exact same practice is done for the moon when it reaches her door. The days for gathering the moon essence are the 3rd, 15th and 25th.

Healing Colors

Blue Chi

The effect of blue chi is one of cooling, and hindering similar to yin or water energy. The opposite effect can be obtained with the use of red Chi. When we draw energy down, some people's bodies can't adjust to it immediately, so using blue Chi is always good. 'Water blue' is the one element that always brings harmony and does not cause any harm.

Pain and swelling can be treated with cool blue Chi, and an abnormal temperature can be reduced. Sleep and relaxation can also follow a treatment with blue Chi. Blue assists the blood in the clotting process, and, because of its association with the watery yin element, can remove Chi which is dark and negative, by flushing it out of the body.

Green Chi

Green Chi is mild and safe. To free up and flush out diseased material in the body, use green Chi. It has a 'loosening' effect on the ailment. Once loose, you can use the orange Chi to expel the disease. Negative energy can then be removed by localized sweeping, either through the arms or through the legs.

If you need to energize the organs, first energize with light green Chi. Cancerous growths can be treated with both tangerine and green Chi which is dark in color.

One should use green Chi before using orange. Pale tangerine and green chi should be used at the same time to increase their effectiveness in dealing with hard to remove deposits in the body.

Always use green Chi before colors of tangerine, purple or red.

"sick" energy which is difficult to remove can be dispersed using pale green Chi, then driven out of the body with pale tangerine.

To remove infection and toxins and disperse dead cells, green Chi can be employed. It is also helpful in getting rid of fevers and colds and in dispersing clots in the blood.

White Chi

The color of the chi from the air, earth and sun is always white and acts as a calming agent for the surplus chi produced by the other colors. It also redirects this Chi to areas of the body which need it. For this reason, use white in combination with another color in the proportion 7:3.
Experiment with blending white Chi with other forces:

Shining white Chi should be concentrated at the center, while colored Chi goes to the edge. This can also be reversed. It is also possible to blend the white and colored Chi together.

It is safe to use white Chi when you are not sure which color to use, especially when treating babies and toddlers or the elderly and the weak. People with minor problems can be treated with blue, green or mauve, while gold colored Chi or mauve/white Chi is better when the problem is serious.

White red has a stimulating and strengthening effect.

We have a soft violet and a very strong violet in the North Star. You can dilute these colors with white.

When it becomes necessary to switch from one color to another, an abrupt shaking movement of the hand should ensure a smooth transition to a new color.

Red Chi

Cerise Chi makes the area to which it is applied stronger, while crimson Chi has the opposite effect. When using color for healing, project luminous white in the center and cerise at the edges for a strengthening effect.

Cerise/white: Is useful for those with heart or breathing problems such as asthma as it opens the blood vessels and airways.

Cerise/white Chi, because of its ability to open blood vessels and air tubes, is particularly good for people with heart or breathing problems such as asthma. It also helps improve the flow of blood around the body and has a strengthening effect on the internal organs and weaker areas of the patient’s body. If the patient has too much cold energy, this color can help to reduce it and also to drive out toxic and unwanted substances along with ‘sick’ energy. Allergy suffers can benefit from this color, and those who are unconscious can be revived, while the dying may live a little longer after its application.

Avoid the use of dark colors, which may cause an adverse reaction. Treating of sexually transmitted diseases with crimson chi is not advised, because this chi can result in swelling or tightening. It also encourages the proliferation of disease causing microbes.

Tangerine Chi

If you need to use the Tangerine Chi, you should first use the blue Chi to cool and calm the treated area. Because tangerine Chi has a lot of power it is better to use it in a diluted form by mixing it with white, and also not to use it on areas such as the spleen and spleen center, heart, eyes, head area or the throat. The large intestine benefits from the use of tangerine Chi, but this color should be used sparingly on areas like the solar plexus and navel. Appendix problems should not be treated with this color as it could exacerbate the problem. Tangerine chi has an effect on the bowel, and can also aid in returning an unconscious person to consciousness or in stimulating someone who is dying. To treat cancers of certain types, dark green and dark tangerine are suitable because of their ability to destroy.

Tangerine Chi:

- Forcible removal of waste products, toxic substances, ‘sick’ energy, viruses and bacteria
- Menstrual difficulties
- Waste elimination problems
- Freeing up ‘sick’ energy
- Breakdown of clots in the blood
- Problems of the urinary and respiratory systems
- Diseases of joints and connective tissue
- Common cold
- Problems caused by allergens
- Cysts

Yellow Chi

Yellow Chi has a close connection to the nerves, bones and the bone marrow. Yellow is also the color of the spleen. The spleen is involved in the assimilation of food and the appetite. So, when the spleen is balanced, the appetite will be controlled.

The effects of yellow chi are those of repairing – bones, skin, cells, nerves (by causing re-growth) and a general beneficial effect on the organs, bones and tissues.

Ordinary and Luminous Violet Chi

Comes from surrounding Chi: air, earth, solar energy and from the higher self, soul, crown point, North Star and Big Dipper, Divine or soul energy.

Bright purple chi has a much greater force than purple chi because it contains all the characteristics of the other colors and can help fast re-growth when organs or nerves are affected.

For cancers and other tumors, luminous dark purple Chi is suitable.

It develops the crown center, spiritual essence and core.
Good for psychological ailments.
There is more information about this light in Cosmic Healing I.

Internal Organs Chi

This Chi is manufactured by the body daily and is readily available. It is good to mix it with universal or cosmic Chi for healing.

A brief word about detoxifying organs' Chi. Before we can effectively use organs' Chi, we must be sure that it is healthy. Many of the organs hold excess negative emotional Chi. We call this an emotional link. Many diseases are caused by emotional links. People use psychology to deal with such problems and it can work to a certain level, but the energy tends to jam up in the organs if it is not released.

Commitment is of course necessary for successful practice. If you are teaching, tell your students that the **Inner Smile** should be done every day; also to contract the pelvic floor muscles 9-18 times, until they feel the energy radiating upwards. This will help strengthen the major organs. It is alright to insist that if they don't do the Inner Smile and toning up the body every day, they will not heal. If they do commit to doing some daily practice and they come to you for work on their energy field, you will be able to help. Using Chi, color and mind power helps to improve the organs.

Cosmic Healing works very well with Chi Nei Tsang (Chinese Internal Organs Massage). Cosmic Healing will do what it can. Chi Nei Tsang and the Universal Tao practices will do what they can. You have to allow the practices to take care of themselves, as the **Tao begins to flow through you.** Allow yourself to heal. When you combine the above practices you will open yourself to the forces of nature and the Divine.

The person you are treating should be under the supervision of a medical doctor. Such supervision is especially necessary with serious physical, emotional and mental disorders. The patient should have a balance between the prescribed medicine and the work with the Universal Tao. The doctor should be advised of what we intend to do with the patient.

When working with improving organ health, the major point is to draw in white Chi, breaking down red, orange, yellow, green, blue, and violet; then distribute it to all of the organs.

Ming Men Chi

Yellow, pelvic organs.
Kidney power: Regulates blood pressure and is good for increasing low vitality and aiding back problems, internal root of the meridian system and healing for prenatal traumas.

Solar Plexus and Liver Chi

It is very important to use the Inner Smile when using this Chi. The solar plexus is very strongly connected to the liver which is also a very strong emotional center. A lot of emotions (cloudy grey in appearance) get stuck in the solar plexus.

Navel Center Chi

Yellow, some violet - increasing original Chi - helps to circulate Chi in the meridians. Good for small and large intestines, constipation, loose bowels, inability to assimilate food and nutrients and aids in raising overall vitality.

Heart Center Chi

Golden and red Chi. The thymus gland and defense system. Energize the Heart and Lungs Center through the back of the Heart Center. The heart is the seat of compassion.

Throat Center Chi

Green for thyroid, parathyroid, lymphatic system, sex center, asthma.

Mideyebrow

Yellow and violet for pituitary, endocrine system, eye problems, cancer.

Forehead

Light violet for pineal, nervous system, cosmic consciousness.

Crown Center

Violet and golden for entry point of Divine energy.

Spleen Chi

Yellow: The spleen connects to the solar plexus and the navel. It is the major center that connects to all the organs. Holding solar energy or a white ball at the solar plexus will help distribute Chi to all the organs.

If the solar plexus gets clogged, the liver and spleen will be blocked as well. The spleen is linked with the 'Door of Life' (point opposite navel on the back) and the navel.

The spleen (located at the left side under the rib cage) can take in the white Chi and absorb it directly through the front or back, the spleen center or the navel area. The Chi will be broken down into color and distributed to other centers and to the organs.

If the spleen area is not clean, the immune system suffers and diseases of the joints and connective tissue promoted, along with blood full of impurities and bone problems.

Basic technique to improve health, reduce tension and reduce aging.

Green or blue light mixed with white. Localized sweeping of the front of the solar plexus 30 times counterclockwise, guiding dirty Chi to leave the organs. In other words; counter-clockwise sweeping motions to move energy.

Brush locally in the areas of the solar plexus, liver, stomach and pancreas, using blue Chi.

Use white to bring energy to the brain, crown point, forehead and the back of the head.

Use white to brush the lungs and the heart, both front and back.

Brush the kidneys, lower abdomen, spine, and the front and back of the spleen with white.

Brush the sexual center using white Chi and use it for the sacral area too.

Brush the arms, hands and the legs and feet with white Chi.

After a session, patients who are particularly weak should not bathe for one full day. The energy which has been put into their bodies can thus be kept there by application of pale blue/white Chi at the end of the session.

Eye Problems

Use green and yellow.

Constipation

Use yellow and orange for the large intestines, diaphragm, liver, pancreas, stomach, heart lungs and energize the pancreas through the back of the solar plexus. When the intestines are exhausted, they can be revitalized at the solar plexus center.

Use Compassion, Love, Kindness

Microcosmic Orbit

The Microcosmic Orbit Meditation awakens, circulates and directs Chi through the Governing Channel, which ascends from the base of the spine up to the head and the Functional or Conception Channel, which runs from the tip of the tongue down the middle of the torso to the perineum. Dedicated practice of this ancient esoteric method eliminates stress and nervous tension, energizes the internal organs, restores health to damaged tissue, and builds a strong sense of personal well-being.

The Microcosmic Orbit is the foundation of Cosmic Healing practice. Each new practice is dependent upon the quality of your meditations and your ability to perfect the Microcosmic Orbit. In order to master Cosmic Healing, one must practice meditation daily.

The meditations in the Microcosmic Orbit 'system' also strengthen the Original Chi and teach you the basics of circulating energy. This enables the palms, the soles of the feet, the mideyebrow point and the crown to open. These specific locations are the major points where energy can be absorbed, condensed and transformed into fresh new life force.

Focus on the Lower Tan Tien (the area where the Original Chi is stored, between the navel, kidneys and sexual organs). Feel the pulsing in this area, observe whether this area feels tense or relaxed, cool or warm, expansive or contracting. Notice any sensations of Chi: tingling, heat, expansiveness, pulsing, electricity or magnetism. Allow these to grow and expand. Then let this energy flow out to the Navel Center.

Use your intention (mind/heart/eye power) to spiral in the point and guide and move the Chi. Let the energy flow down to the Sexual Center (the Ovarian or Sperm Palace).

Move the energy from the Sexual Center to the perineum and down to the soles of the feet.

Draw the energy up from the soles to the perineum and to the sacrum.

Draw the energy up from the sacrum to the Door of Life (the point in the spine opposite the navel).

Draw the energy up to the mid-spine point (T11 vertebra).

Draw the energy up to the base of the skull (Jade Pillow).

Draw the energy up to the crown.

Move the energy down from the crown to the mideyebrow point.

Touch the tip of your tongue to your upper palate; press and release a few times; then rest and lightly touch the tongue to the palate, sensing the electricity or tingling feeling of the energy flowing into the tongue. Move the energy down from the mideyebrow to where the tip of your tongue and palate meet.

Move the energy down from the palate through your tongue to the Throat Center.

Move the energy down from the throat to the Heart Center.

Bring the energy down from the heart to the solar plexus. Feel a small sun shining out.

Bring the energy back down to the navel.

Continue to circulate your energy through this entire sequence of points at least nine times. Once the pathways are open, you can let your energy flow continuously like a stream or river, without stopping at each point.

Conclude when you wish, by collecting energy at the navel.

Men: Cover your navel with both palms, left hand over right. Collect and mentally spiral the energy outward from the navel 36 times clockwise and then inward 24 times counter-clockwise.

Women: Cover your navel with both palms, right hand over left. Collect and mentally spiral the energy outward from the navel 36 times counterclockwise and then inward 24 times clockwise.

For more details of this practice please see the book, *'Awaken Healing Light' by Mantak Chia.*

Cosmic Inner Smile and the Six Healing Sounds

These are very important practices to make the connection between the organs, colors and the good virtue energy in each organ. The colors will help you to make the connection to the cosmic and universal healing power.

Red from heart
White from lungs
Yellow from the spleen
Blue from the kidneys
Green from the liver

Each organ has its own vital color and will radiate this color in abundance, as an aura for vitality, protection and healing. These colors are connected to the universe. Over a period of time, the power of each healing sound will help enhance the universal connection. Each sound will provide different healing power. The practices also help balance, refine and transform negative sick energy back to positive vital energy.

Iron Shirt Chi Kung and Bone Breathing

Iron Shirt Chi Kung and Bone Breathing are standing meditations. These exercises help you to become grounded and build good structure. They help you to take in greater force and connect to the earth force. In turn, this will help draw in the heavenly energy. The practices strengthen the body and enable it to contain a greater energetic charge. These abilities are essential prerequisites for handling increasing amounts of energy.

Iron Shirt Chi Kung also includes the art of Changing the Sinews and Washing the Marrow. Through these subsystems, you learn to absorb, store and discharge large amounts of energy through the tendons and bones. *These practices are outlined in detail in the books, 'Iron Shirt Chi Kung I and Bone Marrow Nei Kung' by Mantak Chia.*

To attain skill in Cosmic Healing, it will help if you practice the meditation above as a minimum requirement. If you already have other Chi Kung or meditation practices they will also be beneficial. Beyond this basic level, the Universal Tao System includes many other intermediate and advanced Chi Kung practices and meditations. The further one advances, the greater one's mastery of Chi.

Your increasing level of skill in the Universal Tao System will reflect immediately in your Cosmic Healing practice. Furthermore, you will discover that you can incorporate many of your Universal Tao practices directly into your practice of Cosmic Healing.

Activating the Six Directions and the Three Fires

This powerful energetic technique allows one to extend the mind, to touch the force, and to draw that energy back into the body.

The Six Directions teaches you how to expand your mind and chi for receiving healing power. By practicing the Six Directions daily this will help you increase your healing and cosmic power. Turn your mind and Chi into the cosmos, multiply them and draw them back.

Direction Below

When you achieve the three minds into one mind and expand into the six directions, press your hands down and start with the low direction. Picture yourself standing on the earth and expand yourself very far away – deep down into the earth. Very, very deep down into the earth. Your hands become very long; your feet become very long — they go all the way down into the earth and out past the galaxy below on the other side.

Push. When you push, connect with the galaxy below — pull and think about your Tan Tien filling with Chi. Push and pull. Push and pull. Fill your Tan Tien with Chi.



A. ***B.*** ***C.***

Fig. 2.12. A. *Hands expand through the Galaxy.* ***B.*** *Hands push forward and pull back.* ***C.*** *Smile to the Primordial Chi from Universe back to the Lower Tan Tien.*

1. Stand, feet together. Put your hands down, parallel to the ground. Expand your hands very far away and your mind very far away, touching the ground. Continue expanding your hands, feet and your mind very far away beyond the earth below. Go down through the galaxy, way beyond to the primordial force. It's just like you are extending all the way to the primordial force as it was about 30 billion years ago.
2. Push, moving the hands forward six inches only.
3. Pull, moving the hands back by the sides. Think about your Tan Tien and feel Chi coming to the primordial force in your Tan Tien. Smile to your Tan Tien, dark, deep and vast.
4. Push: touch the primordial force in the universe.



A. ***B.*** ***C.***

Fig. 2.13: A. *Primordial Forces enter the Lower Tan Tien.* ***B.*** *Activate the Tan Tien Fire.* ***C.*** *Fire burning Under the Sea.*

5. Pull back the dark primordial forces with your hands to your Tan Tien.

Push and pull: It's just like you go to an empty space – vast. Then you come back to your Tan Tien – also empty, just like the primordial condition before anything existed. That is where all the forces come from. Push and pull 3 – 9 times.

Front Direction and Tan Tien Fire

Next, be aware of the front direction; a huge fireball appears in front of you. Open your palms: scoop up the Chi, scoop up the fire. Bring the fire into your Tan Tien. Activate the Tan Tien Fire.

1. Start with a small dot of light inside you. Expand your awareness to the universe in front of you.
2. Become aware of a big fireball in front of you. Feel your hands become bigger and longer. Scoop up the fireball. You may close your eyes to help your inner sensing.
3. Use the fireball to light the fire in your Tan Tien. Feel the fire burning in the darkness, the 'fire burning under the sea.'



Fig. 2.14 *Smile to the Burning Fire.*

Back Direction and Kidney Fire

Be aware of the back of the Tan Tien, the Door of Life and the back or rear direction. Extend your mind very far away to the 'back'. Scoop up the fire and light up your 'Kidney Fire'.



Fig. 2.15 *Be aware of the back direction, move the arms toward the universe, Scoop up the Universal Fire.*

1. Expand your awareness all the way to the back. Move the arms toward the universe behind you.
2. Touch the universe; scoop up the fire. Activate the Kidney Fire. Maintain your awareness in the Tan Tien and expand out to the universe. The energetic spiral glows in the Tan Tien. Spiral in the heart, spiral in your crown and spiral in the universe.

Heart Fire

Raise your hands up under your armpits and feel yourself holding the two fireballs. Touch the heart by extending the fingers energetically in from the sides; feel your hands extending into your heart and very far away. Activate the Heart Fire.



Fig. 2.16 *Activate the Heart Fire.*

1. Move your hands up under your armpits and extend your fingers deep into your heart and very far away.
2. Tan Tien and the universe: you are connecting to the ‘charger,’ charging more fire into yourself.
3. Feel your heart soft in the center. Feel the warmth of the fire energy of love, joy and happiness in the heart.
4. Feel the connection with the unconditional love in the universe as you keep your heart consciousness in your Tan Tien and extend your awareness out to the universe.

Sacred Fire *(Chi Fire)*

Connect the Three Fires to combine into one Fire: *Heart to Kidneys to Navel to Heart*.



Fig. 2.17 *Connect the Three Fires and Sacred Fire.*

1. Move your hands together in front of your heart. Hold your hands together in front near the heart and feel the fire burning in there. Connect the Heart Fire to the Kidney Fire and from the kidneys to the Tan Tien Fire near the navel and back up to your heart — connecting them as one triangular Sacred Fire, doubling or tripling their collective power.

Open the Third Eye

Now, extend your hands out to the front, very far away – pushing, pushing, pushing. Turn your palms inward, and extend your middle fingers inward toward your third eye. Picture a crack in the middle of your forehead and pull the crack open. Feel the light from the heavens opening it and feel them shining into your brain.

1. Open your palms. Open your eyes, very dim eyes. Look to the universe. Extend your hands to the front, palms vertical. Extend the arms from the scapulas. Touch the universe.
2. Turn your palms inward and extend your middle fingers inward toward your third eye.

3. Picture a crack in the middle of your forehead and let the heavenly light shine into the brain; pull the crack open and let the light reflect into the organs.
4. Close the third eye. Again, open. Pull: open-open-open. Then, close. With the third eye open, the light from the heavens shines into your brain and reflects down to all your organs. Open and close the third eye 3 - 9 times.



Fig. 2.18 *Look as you touch the Universe in front of you.*



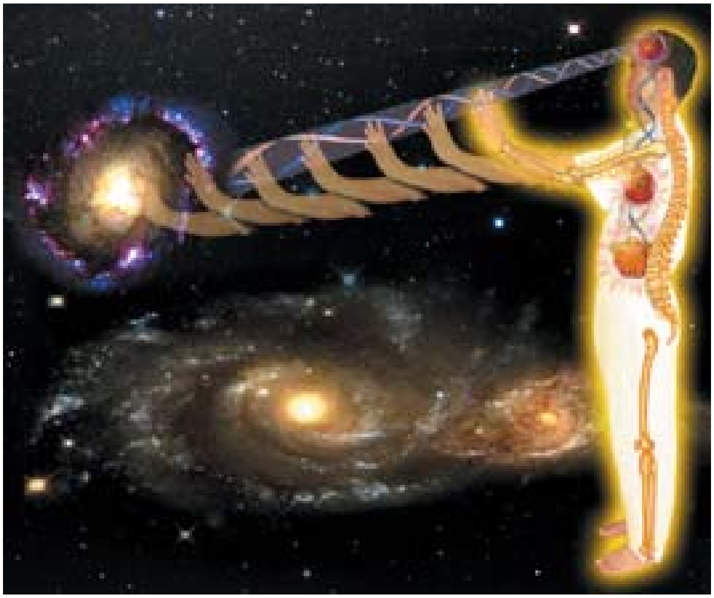
A. **B.**

Fig. 2.19 A. *Close the Third Eye.*

B. *Pull open the Third Eye and let Heaven's light shine into the Brain.*

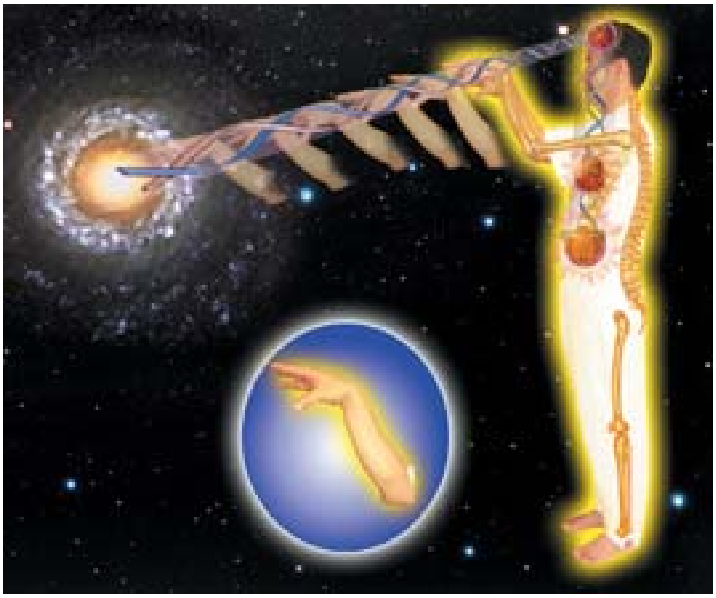
Front Direction: Push/Pull Master Practice

Now, turn your palms, pushing out. Push. Pull. This is the master practice that is imperative for successful completion. When you first start practicing you should do it at least one hundred times and increase up to 200 times. Push and pull. When you push, you feel your hands extended very far away – very long – reach the sky. Touch the universe.



1. Push: Extend your arms and hands to the front, palms vertical. Extend the arms from the scapulas.
   Expand: smiling, smiling, touching the universe – touching the force, touch the cosmic Chi.

Fig. 2.20 *Master Practice - Touch the Universe.*



2. Pull: Draw the Chi back to you from the universe. Moving the arms from the scapulas, draw the hands toward your body in a horizontal position.

Fig. 2.21 *'Draw' Universal Chi and Think about your Tan Tien.*

Pull: Think and smile to your Tan Tien. Push, very far away to the universe.
Pull: Push: smile, relax and let go, touching the sky, touching the universe.



Fig. 2.22 *Let go - Push and touch the Universe. Repeat 6, 9 or 18 times.*

Left and Right Directions

Now, move your hands to the left and right directions. Pull the Universal energy in. Push; touch the universe. Pull; think about your Tan Tien. Push – all the way, touching-touching-touching the universe.

1. Move your extended hands from the front horizon to the left and right sides.



Fig. 2.23 *Touch Left and Right Universe.*

2. Pull. Tan Tien: Smile to your Tan Tien. Keep smiling to your Tan Tien.
3. Push to both sides. Expand all the way, touching the universe.

   Push/Pull: touching, touching the universe drawing the Chi into you from both sides.

   Repeat 3—6 times.



Fig. 2.24 *Pull, just think about your Tan Tien.*

Direction Above

Turn your palms up to the universe. Scoop up the Chi. Pour the Chi over your crown and touch your crown. Project the Chi all the way down to the perineum and down through the earth to the universe below. Tan Tien and universe; always feel your Tan Tien spiraling, heart spiraling, crown spiraling and the universe around you spiraling.

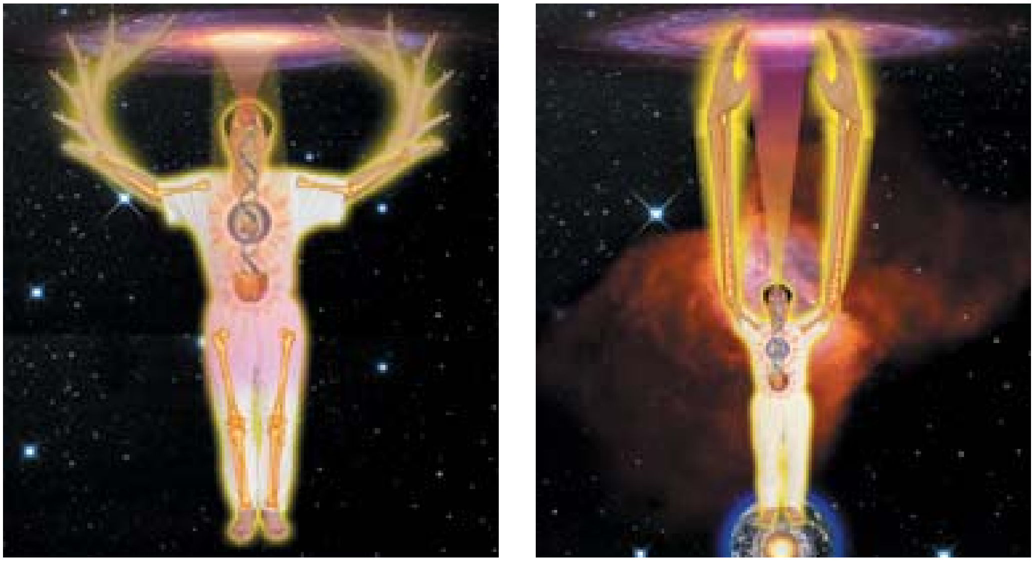


Fig. 2.25 A: *Raise the hands above the crown and feel it extend up to heaven.*
B: *Feel that the hands are big and long and that the bones are hollow.*
Fill and pack the bones with Chi.

Raise your hands up to the universe and expand your hands as big as the universe - feel the Chi charge into your bones.



Fig. 2.26 *Scoop up the Universal Chi and pour it over the head.*

Open the Spine

1. Touch the back crown point. Pour the Chi all over your crown. Feel your soles and imagine that you feel like there is a waterfall of Chi flowing from your crown all the way down to your soles. Feel your fingers grow long and the Chi penetrate down through your spine to the coccyx. Leave the fingers touching the back of the crown, to maintain the energetic connection with the coccyx.



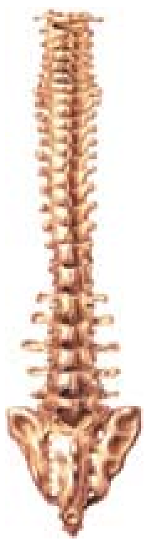
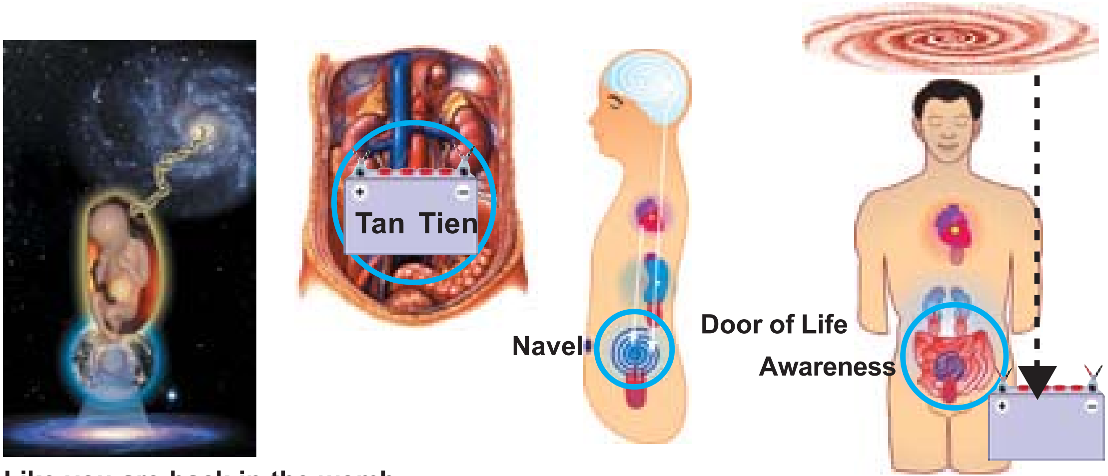


Fig. 2.27 *Chi 'Waterfall' Cleansing the Spine.*

Turn 'Three Minds into One Mind' at the Lower Tan Tien and expand the awareness to the universe. Let yourself be charged by the universe.



Like you are back in the womb.

Tan Tien is like a battery.

Fig. 2.28 *Universe Charges Tan Tien 'Power'.*

Be aware of the Tan Tien and spiral it like Universal energy in motion. Feel the heart center spiraling and the crown spiraling. Be aware of the universe spiraling above, below, front, back, left and right. Let all of the sick energy and the negative forces leave the body and go down into the ground, for Mother Earth to recycle. Extend the Chi from above, all the way down through the earth and the universe below.

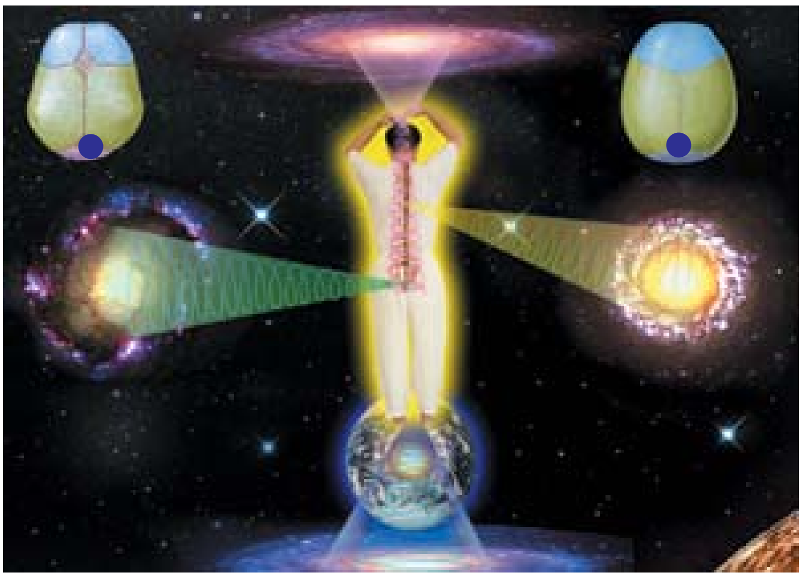


Fig. 2.29 *Feel the Lower Tan Tien, heart center and the crown spiraling and feel the Universe around is spiraling and charging the three Tan Tiens.*

Open the Middle Channel and Perineum

1. Move to the mid-crown point. Touch the point and project your fingers inwards; deeper, deeper through the middle of your body down to the perineum. Focus on the perineum. Feel the Chi from the universe flow right into your perineum. Look for one dot of light. Look into the darkness, the vast darkness, the immense darkness: this is the primordial force, a cloudy moving force. Look for a dot of light at the perineum and extend your awareness all the way down through the ground and the universe below.

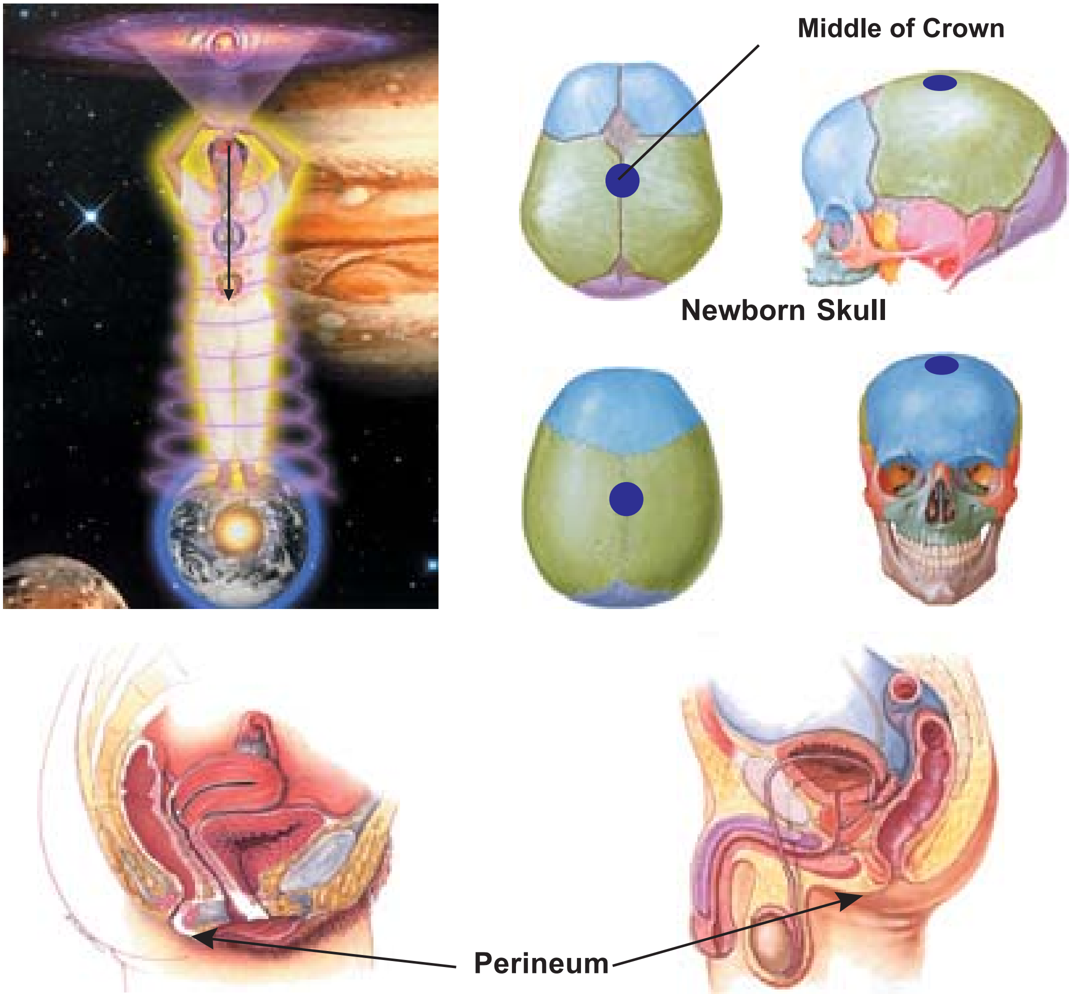


Fig. 2.30 *Universal Light shines from Crown to Perineum.*

When finished opening to the six directions and igniting the three fires, gather the Chi in the center and bring this expanded awareness into the healing session.

Tan Tien and the Universe

The expression, 'Tan Tien and the Universe', is a reminder to feel your Tan Tien, heart, mideyebrow and crown spiraling and that you are connected to the universe spiraling in the six directions around you.

1. Establish a Complete Location

You will use your Yi (the three-mind power), to recharge your Chi repeatedly for various purposes. You recharge by connecting to the Universal Chi in the six directions of the universe simultaneously. When you charge a particular area or direct Chi into the body to a particular point, you first establish a connection point for the Chi by placing the hand or fingers at an appropriate location on the surface. This is like giving a location for the Chi to go to. Once the location is established and the Chi starts to go there, leave your hands there.

Then you move your attention to where you want the Chi to go in the body. Feel the Chi connected to and charging the intended location.

2. Charge Tan Tien from Universe

When the address connection is established, be aware of your Tan Tien, heart center, mid-eyebrow and crown spiraling. Be sure that the conscious mind of the heart is lowered to the Tan Tien and the awareness mind of the abdomen is connected to the mideyebrow crown and out to the universe. Feel them connected to the spiraling energy in the six directions of the universe. Let the universe charge your Tan Tien.

3. Don't Stop at the Location

With your focus in the Tan Tien, the Chi will go from there to the 'location' indicated by your hands and then to the intended location in the body. Don't let Chi stop there, however.

4. Direct Chi out the Opposite Side to Universe

Direct your attention to the Chi and guide it through the body and out the opposite side. The idea is to clear out any blockages and prevent any others from accumulating and also to release sick energy and negative forces down into the earth. Let the Universal Chi flow out through the universe and beyond.

Open the Three Tan Tiens

Move your hands down to the mideyebrow. Touch the mideyebrow. We are going to open the three Tan Tiens, starting with the Upper Tan Tien.

Upper Tan Tien - Mideyebrow

1. Recharge. Remember: Tan Tien – heart consciousness in, awareness out. Spiral – Tan Tien, heart, third eye and crown. Universe – six directions spiraling.



Fig. 2.31 *Raise hands and charge the Universe Chi.*

2. Move your hands down and touch the mideyebrow. Feel your fingers grow very long (energetically) and penetrate all the way back to the base of the skull. Focus on the back. Remember: Tan Tien and the universe spiraling. With the spiraling, the Chi in the fingers will become hot. It will expand and penetrate out through the back of the head all the way to the universe behind.



Fig 2.32 *Fingers touch Mideyebrow and penetrate to the Universe.*



Fig 2.33 *Tan Tien and the Universe*

3. Picture your fingers like laser beams of Chi. 'Tan Tien and Universe': Feel your Tan Tien and the universe spiral and charge your fingers. Move your fingers out from the mid-eyebrow around the side of the head to the top of the ears. Your fingers are like lasers -cut-cut-cutting open your skull right in the middle, around to the top of the ear, cutting open your Upper Tan Tien. Cut and project your fingers long into the middle of your brain. Spiral your Tan Tien and the universe. Leave your fingers there. Concentrate on your Tan Tien spiraling your heart, crown, the universe above, below, front, back left and right all spiraling. Your Tan Tien is a big empty space: primordial force; darkness. You can put so much Chi inside there! The Chi penetrates into your brain.



Fig. 2.34 *Move the Fingers to the Top of the Ears and feel them Grow Longer. Cut Open the Center of the Skull.*

4. Move your hands all the way to the back, cutting to the back of the skull. Touch and feel the Upper Tan Tien open.
5. Touch the base of your skull. Focus on the mideyebrow. Feel the Chi flow like a laser beam from back to front and out to the universe in front. Complete the opening process by moving the hands back around to the mideyebrow, cutting as you go.



Fig. 2.35 *Chi moves like a Laser from Front to Back of Skull.*

6. Recharge in the universe. Feel your bones and your arms are hollow. Fill and compact them with Chi.
7. Scoop the Universal Chi and pour it down over your crown and all the way down, down to the Middle Tan Tien.



Fig. 2.36 *Recharge in the Universe: Scoop and Pour the Chi down to the Middle Tan Tien (Heart Center).*

Middle Tan Tien - Heart Center - Conscious Mind

1. Move your hands all the way down to your heart center at the mid-sternum. Touch. Focus on the point opposite the heart, T5/T6 on the spine. Fingers 'long' as Chi penetrates into your thymus gland. Light – golden light – penetrates into your thymus. Feel the Chi penetrate through your heart all the way through T5/T6 to the universe behind. 'Tan Tien & the Universe' also feel your Chi Fingers penetrate into the bone and bone marrow and spread out into your rib cage.



Fig. 2.37 *Golden Light Enters the Heart, Thymus, Bones, Marrow and Penetrates to the Back and all the Way to the Universe.*

Recharge and cut around to the Armpits

1. Recharge in the universe: pour Chi over the crown down through the body and lower your hands down to the heart center. Touch with the fingertips. Move your hands around under your armpits, extending the Chi like laser beams cutting open this Middle Tan Tien. Pause under the armpits as you send the Chi into the center.



Fig. 2.38 *Cut Open the Middle Tan Tien by cutting around the Armpits.*

2. Continue to move your hands around to your back at T5/T6, touch and send the Chi from back to front. Let the beam of Chi penetrate out through the heart center to the universe in front of you. Then, move the hands back around the sides to the front, cutting as you go.

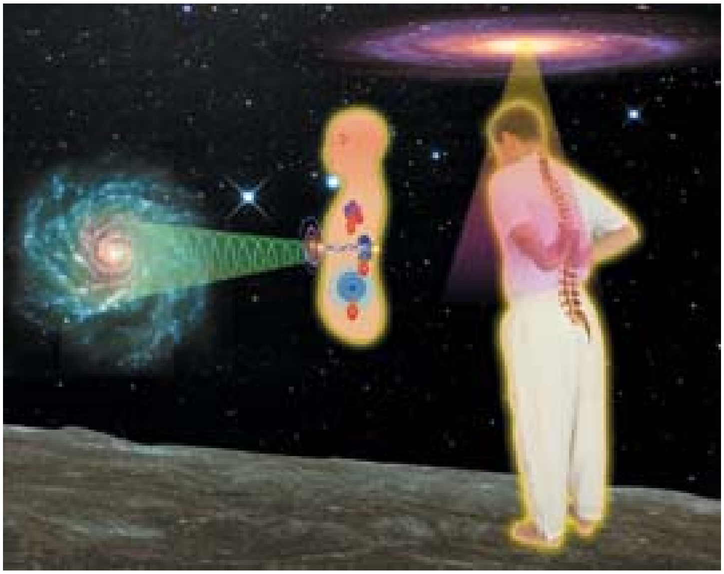
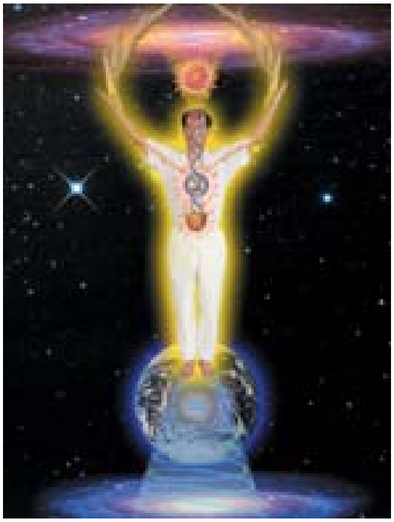


Fig. 2.39 *Chi Beam from the Door of Life penetrates the Heart Center in the front.*

Lower Tan Tien - Navel - Awareness Mind

1. Recharge with Universal Chi, Tan Tien and Universe: Again, raise your hands and charge with the Chi in the universe. Your hands are very big, very long. The bones are hollow and compacted with compressed Universal Chi. Scoop the Chi from above and guide it down. Pour all the way down, down, down, down to the navel. Touch the navel and focus on the Door of Life opposite, on the spine between L2/L3. Touch and feel the Chi penetrate to the Door of Life. Tan Tien and Universe: Feel the Chi penetrate through to the back and out to the universe behind.



A.



B.

Fig. 2.40 A. *Recharge the Lower Tan Tien and penetrate through to the Door of Life.* ***B.*** *Raise the hands up to the Universe & charge with Chi. Bring the Power down to the Lower Tan Tien.*

2. Open this Lower Tan Tien the same way as for the Upper and Middle Tan Tiens. Tan Tien and universe – charge more Chi into your hands and let them be like lasers cutting it open. Cut around to the sides. Pause. The fingers of the left and right hand are very long, extended energetically inside. Cut and feel the energy penetrate into the navel and Tan Tien .



Fig. 2.41 *'Cut' Open the Lower Tan Tien with Laser Fingers.*

3. Continue cutting to the Door of Life. Touch and send the Chi from the Door of Life back to the navel and out to the universe in front.
4. Move the hands back around the sides to the navel, extending the fingers and “cutting”the Tan Tien open as you go. Touch the navel: Tan Tien and the universe spiraling. Feel more Chi and feel the Tan Tien open.



Fig. 2.42 *‘Cut’ open the Door of Life and Send Chi to the Universe in Front.*

Activate Chi in the Bones of Hips, Legs and Sacrum

1. Now touch your pelvic bones by energetically extending your fingers from the front area near the hips to the back. Feel Chi penetrate into your pelvic bones: funny, laughing, happy bones.
2. Touch the femur bones. Tan Tien and Universe: Charge the fingers. Also, feel the funny, happy, laughing vibration inside the bones and in the bone marrow. Be aware of the Three Tan Tiens. Spiraling from the universe. Spiraling charging your Tan Tien. Charge your hands and your bones.



Fig. 2.43 *Touch the Femurs - Happy Laughing Legs!*

3. Now we are going to slowly lower the sensation of Chi down through the bones to the earth. Move the hands down the legs as you bend down.
4. Lower yourself all the way down to the ground and sit on your feet. Move the Chi with your hands down to your toes, down through the earth and the universe below.



A. ***Fig. 2.44*** ***B.***

A. *Sink the Chi into the Earth.* ***B.*** *Lower and Sink the mind and Chi down to the Universe.*

5. Raise your sacrum up, keeping your hands at the toes. Smile to your Tan Tien and feel the Chi from the universe rising to fill the Three Tan Tien.



Fig. 2.45 *Raise the Sacrum and smile to the Tan Tien.*

6. Lower down again. Lower the Chi down to the earth and the galaxy below.
7. Once more, raise your sacrum up, maintaining hand contact with your feet. Smile to your Tan Tien.
8. For the third time, lower down. Open your palms, gathering the Chi from the earth below. Gather and scoop the Chi.



Fig. 2.46 *Gather the Earth Chi.*

9. Touch your heels and feel your bones as you slowly rise up. Fill your bones with Chi as you guide it up with your hands.
10. Fill the bones in the upper legs as you move your hands up.



A. ***Fig. 2.47*** ***B.***

A. *Fill the Bones with Chi.* ***B.*** *Feel your fingers penetrate into the Bones as you rise.*

11. Feel your bones and fill them with Chi, all the way up to your coccyx. Touch your coccyx. Leave your fingers there and be aware of the Chi gradually feel the Chi rising up to the Tan Tien and the universe. Feel it charge the fingers and the spine.
12. Come up to the sacrum, Tan Tien and the universe.



A. ***Fig. 2.48*** ***B.***

A. *Bring the Chi to the Coccyx.*

B. *Move your hands up to the Sacrum and feel the Chi Rise up to the Crown.*

13. Come up to the 'Door of Life', and then back to the navel. You may sit down to continue the next step in the Cosmic Healing Practice. Practice daily until you feel the Chi. You will then be able to apply this Chi to the Healing Sessions.



Fig. 2.49 *Bring the Chi to the Door of Life and let it penetrate to the Navel.*

Sacred Water Practice

Invoke the power of the Sacred Water practice to cleanse and heal the body's sick, toxic or negative energy. **If you are working with a group of people, direct your energy through the energy body overhead and into each person's star, as you guide them through the procedure**.

Outline of Practice

I. Hold a glass one quarter full of water in your left hand, folding the middle and the ring fingers into the center of the palm.

II. Hold the glass in front of your body as you point the 'Sword Fingers' of your right hand up to Heaven.

III. Make a request to receive healing energy and feel yourself touch a heavenly pool of sacred water energy. Feel the pool pouring down heavenly water to fill your arm.

IV. Place your fingers on the cup and ask:
Command 1: ***"Yin power and good fortune come from the east. Yin power please dissolve all negative energy, all sickness and bad fortune".*** Make a cross over the top of the cup.

V. Bring your arm down and point the sword fingers around the inner rim of the glass. Smile as you circle the fingers around the rim.
Command 2: ***"By my request. Please carry out the order now."*** Repeat this three times, charging the water with Yin Power. Project your thoughts into the water.

VI. Use the thumb and index finger to remove the sick energy from the cup, without touching the water. Do this three times. Talk to the sick cells. Tell them to listen to your command:
Command 3: ***"All sick cells please listen: Clear, clean and bright, this Sacred Water will take all the sickness away."***

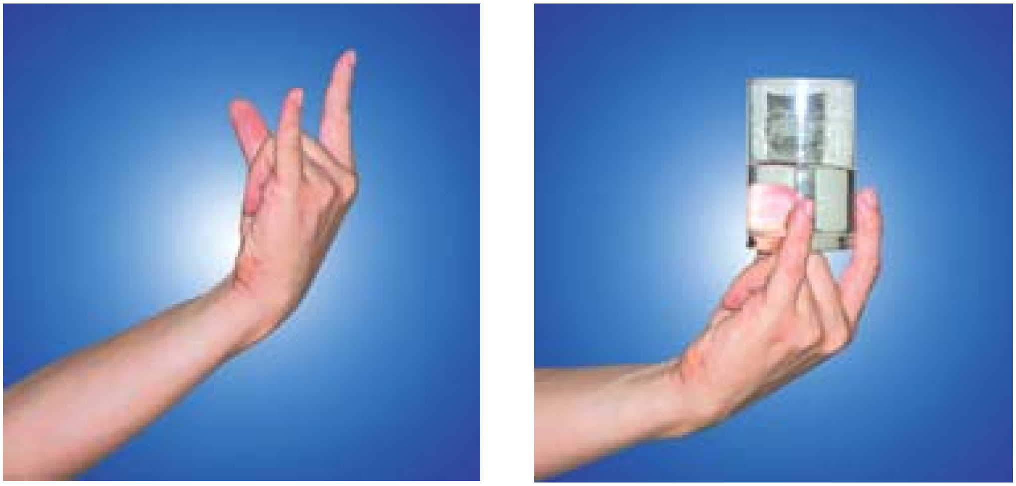
VII. Repeat the order and visualize yourself removing the sick energy from the cells and returning it to Mother Earth for recycling.

VIII. Hold the cup with both hands near your heart.
Command 4: ***"This Sacred Water will give me/you health, wealth and longevity."***
Project love, joy, thankfulness, gratefulness, appreciation and the energy of compassion into the cup.

IX. The Sacred Water will carry the message of the practice to all the cells, where it will remain. If you are practicing in a group, drink the water in unison. If you are working with a student, pass the glass using both hands.

Step I: Prepare the Hands and Arms to receive the Universal Chi.

Left Hand Position: Prepare to hold a cup or glass with the left hand by folding the ring and middle finger into the center of the palm. Hold the glass in front of the body.



A. *B.*

Fig. 2.50 A. *Fold Ring and Middle Fingers.* ***B.*** *Hold Glass in front of Body.*

Step II: Prepare the Sword Hands to receive the Universal Chi.

Right Hand Position: Form the right hand into a 'sword hand' by folding the pinkie, ring fingers and thumb into the palm. Straighten and hold the index and middle fingers together and extend them upward.



Fig. 2.51 *Prepare to receive the Universal Chi.*

Step III: Fill your Arm with the Power of the Heavenly Pool.

Sense the sword fingers and the arm as being 'long' and 'big' as you raise them towards Heaven. Sense that the middle is hollow and the bottom is sealed at the shoulder. When the mind's attention is focused on merging with the primordial Chi of the Universe, the energy of your thoughts will be multiplied.

As you make your request to the Universe, feel that you are touching a heavenly pool of Sacred Water Energy. Feel that the pool is pouring down like a waterfall to fill the arm. When it is full compact and compress the Sacred Energy into it as much as you can.



Fig. 2.52 *Touch the Heavenly Pool.*

Step IV: Make the Cross on the top of the Cup.

Put Sword Fingers on top of the Cup. Ask for the Yin Power: **Command 1: *"Yin Power and good fortune, come from the east. Yin has the power to dissolve all negative energy, all sickness and bad fortune."***

Command 2: Make the cross on the top of the cup and say ***"By my request"***.



Fig. 2.53 *Fortune come from the East - Yin has the power to dissolve all Negative Energy, all Sickness and Bad Fortune."*

Step V: Charge the Water to transform it into Sacred Water.

Bring your arm down and point the sword fingers into the glass of water. Smile and circle the sword fingers around the inner rim of the glass.

Continue to order: *"Please carry out the order now."* Repeat 3 times to charge the water with the Yin Power. As you do this, project a good thought into the water.



Fig. 2.54 *"Please carry out the order now." Repeat three times, charging the water with the yin power.*

Step VI: Command 3: *"All sick cells please listen : Clear, Clean and Bright, this Sacred Water will take all the Sickness Away."*

Give the above command. Use the thumb and index finger to pick up sick energy from the cup, without touching the water. Do this three times.



Fig. 2.55 *"All sick cells please listen: Clear, Clean and Bright, this Sacred Water will take my/your Sickness Away."*

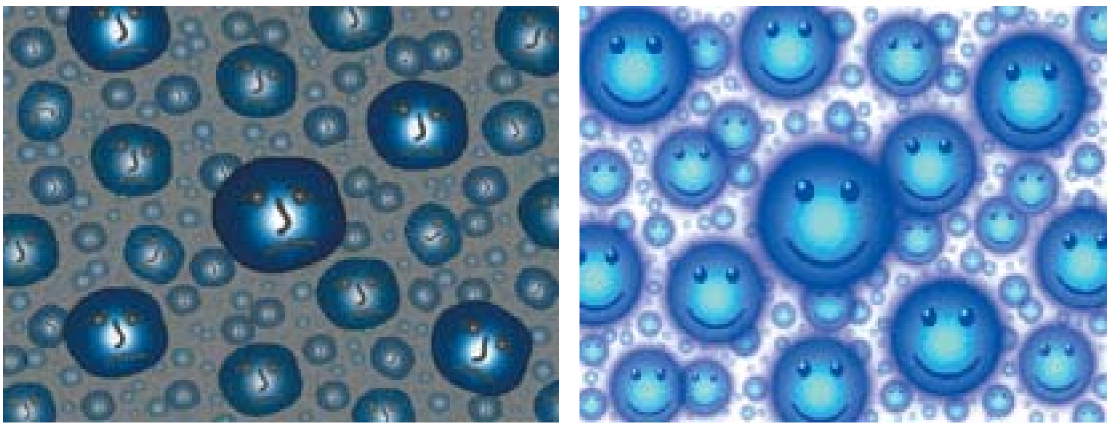


Fig. 2.56

A. *Ask for the power to see the cells - If they are toxic and dark, ask for them to be cleaned out.*

B. *"Clear, Clean and Bright".*

Step VII: Let go of the Sick Energy to be transformed by the Earth.

As you **repeat** the order, picture yourself removing the sick energy from the cells and discarding it down into the Earth to be transformed and recycled.

Step VIII: Fill the Water with Compassion.

Hold the cup with both hands near the heart and project goodness into the water.

Command 4: *"This sacred water will give me/you health, wealth and longevity."*

Project love, joy, thankfulness, gratefulness, appreciation and the energy of compassion into the cup.



Fig. 2.57 *Sick Energy return to the Earth.*



Fig. 2.58 *"This Sacred Water will give you Health, Wealth and Longevity."*

Step IX: Drink the Sacred Water.

The Sacred Water will carry the message to all the cells. It will keep the message of the Sacred Water practice in all of the cells. Use both hands to pass the Sacred Water to the student you are working with, or drink it yourself and/or in unison with your group. **Feel the water go into all the cells of your body. Feel it removing the sick cells and purifying your body.**

You can also sprinkle it onto any area that requires healing.



Fig. 2.59 *Drink the Sacred Water.*

Chapter III
Taoist Astrology and the Structure of the Universe

Origin of Astrological Information

Thousands of years ago, people experienced the shimmering stars as their natural connection with heaven. Society was organized in accordance with the laws of the universe and people viewed their relations as a reflection of the configurations of the stars. Human arrogance, the drive for power and a growing disdain for nature led to the vision that the earth was the center of the universe. Instead the earth is our temporary home and is our central point from which we observe the universe.

At the same time, leaders began to rule their countries without being in touch with the heavens. A mixture of power, ambition, desire for wealth and religious conditioning led to an increasing disconnection from the natural receptivity to the energy from the universe.

Since then this self-created isolation has been growing and is dominant in present day society. Although there is a longing to reconnect, many healers, therapists and practitioners of meditation or astrology understand the ancient practices with their rational mind but miss the subtle connection.

We should remember that the knowledge with which astrologists work now comes originally from a direct experiential connection with the universe and the understanding that many masters cultivated throughout several thousand years. Many present day astrologists are guided solely by this ancient information.

The question may be raised as to how the early astrologists, who wrote down their experiences and transmitted them, gathered and collected their information? They had no sophisticated equipment like telescopes. Through a combination of observing the universe and relating it to changes in the energy on earth, in nature and human beings and through meditation or spiritual practices, they were able to assimilate their knowledge.

During the Tang dynasty many Taoist masters and students spent their whole lives in kuans or watch places (observatories). The masters had selected these unique locations in nature, based on the presence of strong cosmic energy. Most of the kuans were located high in the mountains, sometimes in very inaccessible places. The interaction of the strong natural forces with natural crystal antennas (mountains) and the planetary/star observations (meditations) formed a perfect platform for the Taoist astral travel and spiritual practices.

These masters clearly saw the cranium as our own bony planetarium. A key realization was to break through the illusion of the separate realities of 'inner' and 'outer'. Their supernatural astrology helped them to realize the universe within the cranium and from there, into the Tan Tien.



Fig. 3.1 *Astrologer casting a horoscope.*

In the Taoist view, their highly advanced insights could only come about through the growth of the higher centers and glands which allowed them to perceive and understand the reality of the universe beyond the normal material and visible manifestations.

Of course, astronomy provides us with a great deal of interesting information. It has recently become clearer that astronomy parallels all universal law. We should realize that these laws can be further enhanced with the aid of high powered telescopes. Taoists say “without leaving the room, you can know heaven and earth”.

The Newtonian view of the universe which uses a mechanical approach to reality by way of an exclusively rational concept at the expense of our body, our ability to sense and use our intuition and feelings, has gradually and increasingly disconnected us from the realm of the spirit and the living cosmos.

Strangely enough, the more we attempted to know the universe through observation with a telescope, the more we became separated from its subtle origin.

This is so, as the rational mind tends to move horizontally and may find it difficult to enter into the realm of the spiritual laws. Unless of course it is the rational mind of a spiritually evolved person. Each time an astronomer reaches further into the universe, finding new information, some scientists try to use it in a concept of how the history of nature formed and the universe must be. But these fundamental questions cannot be solved within the realm of time and space. It is good news to see that a growing number of modern scientists are becoming more open to the paradigm that the universe has a timeless and spaceless origin.

“As above, so below”, we look at ourselves the same way that we look at the universe, even if we are not concerned about the direct connection between the two. If we try to understand the body, by way of observation with a microscope and chemical analysis, it may help us to see how the laws of energy and Chi manifest in the realm of matter. It may increase our ability to enhance the fundamental questions of life which lead to greater freedom and happiness.

Many scientists who previously subscribed to the Newtonian view now agree to the following: that the essence of the material world are frozen energy waves that *appear* as matter to the external senses.

Many scientists believe that by the year 2030, the computer will be able to take over the complete human brain function. This idea is well accepted in modern science but shows at the same time, the very limited understanding of the true quality of our intelligence and the human mind.

Centuries of religious repression have discouraged people’s sense of responsibility for their lives as well as the search for freedom and spiritual independence. Hence, science, astronomy, religion and many other fields of experience can be useful in our search for spiritual achievements. All of these schools of thought merge into one, as they reconnect to our true origin.

Working with planetary and star energies gives us an access to the ground layers of our emotional, social and mental tendencies. The rational mind and emotions, higher mind and spirit are related to the planets and star/world. Star energy and higher mental energy have a higher frequency than planet and rational mind/emotional energy. The

separative, rational, more horizontal mind is related to the emotions; the higher mind or universal mind is related to the collective intellgence and our spirit.

More than likely you have observed that it is your emotions and thoughts which hold you back from reaching a balance in your life or progress in your meditation practice, or to focus and connect when you work as a healer.

The planets are far closer to us than the stars and their energy field has a much slower vibration. To give you an idea, the earth is 150 million kilometers away from the sun. Pluto, the planet farthest away from the sun has an orbit of about 6 billion kilometers. The closest star (except for the sun) in our universe is Proxima Centauri at a distance of 4.3 light-years or 270,000 times farther away from the sun (a light year is the distance that the light travels in one year at a speed of 300,000 kilometers per second).

How to use Astrological Information

Ancient peoples believed that under the influence of very specific conditions of stars and planets at the moment of birth, the basic quality of a human being is formed and the personality and tendencies in a person's life are basically patterned. It is important to see this constitutional quality as a strong tendency and not as a fatalistic prediction or inevitable course. This unique quality will indeed influence you for the rest of your life. But it is important to see that this condition works on our body and soul, not on our spirit. The reason for this is because the spirit is eternal. It has and always will exist. It is free from the laws of karma and reincarnation. It is therefore free from the laws governing individual incarnations. For that reason Taoist astrologists say that astrological conditions should not be seen as limitations but rather as directions based on universal influences. It just gives you clear information as to where you come from and how your tendencies may evolve. Since our spirit is timeless and spaceless, we can still move in any direction. An intelligent person moves with the flow or the intelligence of the universe, in order to keep the life force inside. It is good to remember that you can actually move in the direction you truly wish to move to, always following the truth within your heart. If you decide to join a football game, you are immediately fixed by the rules of the game. If you see all these rules as limitations, you would do better to play another game. The art of playing the game of life is to see, understand and accept the limits in the material world and learn how to move freely within them, whilst maintaining awareness of your connection with your unlimited spirit.

Two basic questions to ask when moving to a certain place are: "Where am I now?" When you know the answer; "What is the best way to achieve my goal?" Through the connection with our spiritual origin and planetary/galactic forces, we can strengthen the weaker points in our energy system and our personality. In this way we can use astrological information as a source of personal growth and not as an excuse for unconscious emotional behavior.

Brief History of Astrology

Chinese astrology is a very broad subject which contains much information and is highly complicated for the untrained mind. There are many ways of interpreting the universal conditions, which are brought together in different systems with their own specific diagrams and calculation methods.

In the ancient Taoist literature much attention is given to the subject of “astrology”. The 18th century Imperial encyclopedia has 2500 chapters on astrology! What we wish to do in this book is to make you aware of the nature and origin of this wisdom and how it relates to spiritual practices and the laws of the universe.

In most Chinese astrological systems it is mentioned that between 4000 and 5000 years ago, the stars and planets were perfectly situated. At the moment it looks like no one can really describe what that means from a pragmatic point of view. What is clear is that this period may have seen a unique universal condition. From that point on, Chinese astrologists have counted the years, months and days and calculated movements by observing the sky. Noio, the Great Minister of the Yellow Emperor Hwang Ti set the beginning of the first 60 year cycle at 2637 B.C. (according to stems and branches) which means we are in the 78th sexagenary cycle now.

Most sources claim that Chinese astrology developed wholly independently from other cultures and traditions, but this is probably not the case. If we compare Chinese, Mayan and old European calendars and zodiacs and also the language and architecture we find parallels that simply cannot be accidental. It is clear that all these cultures were shaped by the same information source. The advanced spiritual development of these different cultures allowed them to translate information from the same source in the form of an astrological system reflecting the order of the universe. This translation happened in coordination with their specific location on the planet.

As you will see in the following overview, people all over the world were already observing the stars long before the start of the Chinese calendar 2637 B.C.

Although there is still discussion on the subject, the famous Egyptologist, Schwaller de Lubicz states that the Egyptian calendar has its starting point about 4240 B.C. This calendar was based on astronomical observations made during a period more than 6000 years ago.

Also in Egyptian civilization astronomy/astrology was used to crystallize the universal laws into human life. The great pyramid was built at approximately 2170 B.C. One of its functions was to serve as an astronomical observatory. The entire geometry of the pyramid was based upon astronomical positions and movements. Notes of astronomical observations from the Sumerian culture (3000 B.C.) have also been found. Different cultures describe the destruction of civilization about 12,000 years ago, under influence of the star Vega in the constellation of Lyra. An earth axis shift occurred and big floods destroyed civilizations.

Chinese astrology probably has its own roots but was later greatly influenced by Indian (Hindu) and old Babylonian astrology. The year 10,000 B.C. appears to have been a critical point in astrological history. Archeological findings in Europe, South America,

Africa and Asia prove the existence of a highly developed civilization that was strongly influenced by astronomical and astrological knowledge.

In a museum in Peru, a rock shows the engraving of a human figure looking through a telescope to the sky. This piece of art is estimated to be more than 30,000 years old. This is just one of the many archeological treasures that shows that there must have been other cultures before our culture was born less than 1,000 years ago.

The Greek historian Solon claimed that astronomical observations and calculations were made nine thousand years B.C. (or 11,000 years ago).

Oracle bones from the Shang dynasty (17th to 11th century B.C.) mention astronomical observations of stars more than 4000 years ago, which were then interpreted as being lucky or unlucky. In many parts of the 9 Chinese Classics and certainly in the 5 canons or “Ching books” astronomical/astrological observations are described as coming from this same period.

Differences between Chinese and Western Astrology

The main differences between Chinese and western astrology are their reference points. In western astrology, stellar positions are found and calculated in the ecliptic. The ecliptic is the trajectory the sun apparently makes around the earth, through the Milky Way. The plane of the ecliptic is inclined at an angle of 23 ½ degrees to the plane of the equator. The ecliptic is also known by Chinese astrologists as the yellow route, but they also work with the North Star as the central reference point in the sky and the celestial equator or red route as the base line. In this context the lunar zodiac is used where the moon cycle around the earth (28 days) is divided into parts of 1 day (thus, 28 segments). This is also related with the 28 years it takes Saturn to turn around the sun. The Chinese zodiac or 12 animal cycle also refers to the 12 years it takes planet Jupiter to move around the sun.

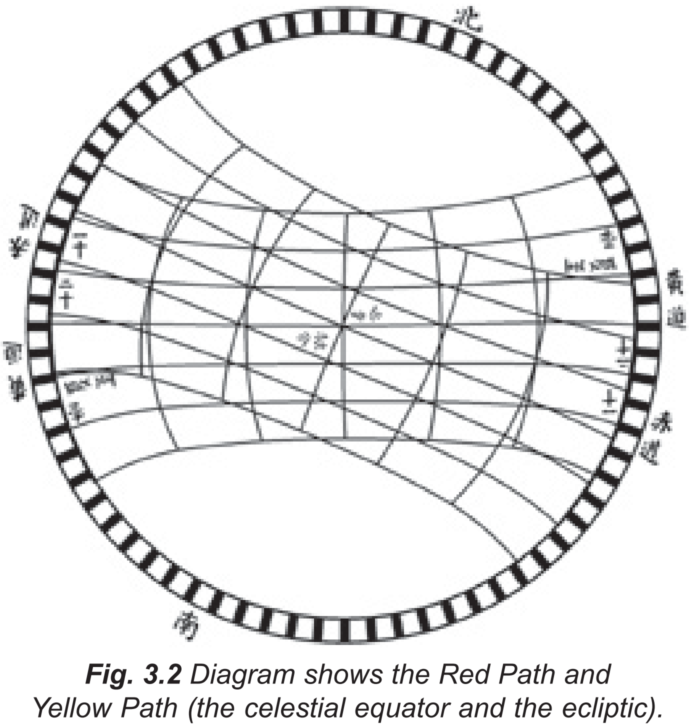


Fig. 3.2 *Diagram shows the Red Path and Yellow Path (the celestial equator and the ecliptic).*

The animal names used in Chinese astrology came to China from India. They were based on the legend of the Buddha. He was visited by 12 animals that came to say goodbye to him before he left the earth.

Before this, the earthly branches, in combination with the older decimal system of the 10 heavenly stems, was used. The combination of stems (10 or two times five) and branches (12) (gives a series of 60 based on the twelve animals and the five elements) was used to count the years and days and was also called 10 mothers and 12 children. Research shows the strongest difference between modern western and traditional Chinese astrology is the focus on the North Star as the 'Heavenly Gate'. This shows the direct relationship with the Taoist spiritual practices. Chinese astrology and direct astronomical observations have always been closely related. They made observations constantly and based many of their calculations directly upon them. The appearance and movement of a planet or star as well as its brightness, aura and shades were closely studied. Some Chinese Emperors had a 24 hour a day observation crew. In this way all signs from the universe were picked up and used to make personal and political decisions. Many stars and planets were connected to gods, emperors or sages. Changes in the expressions of heavenly bodies were seen as direct signs from the divine world.

Although they had no astronomical tools in their own terms, Taoist astronomers knew about supernovae (exploding stars), black holes (imploding stars), pulsars and quasars.

Chinese astrology is based on direct observation of the sky and it is used in this book as the information bridge to universal energy.

Many astrologists all over the world, focus on their tables and books, only looking down, instead of connecting with the universe. Even in China, the traditional art of astrology is hard to find these days. It has been taken over by western astrology or other methods of prediction. As Taoist Ming Shu stated, "very few are still combining their astrological calculations with spiritual practice and with observing the sky." This, of course, gives less depth to their work.

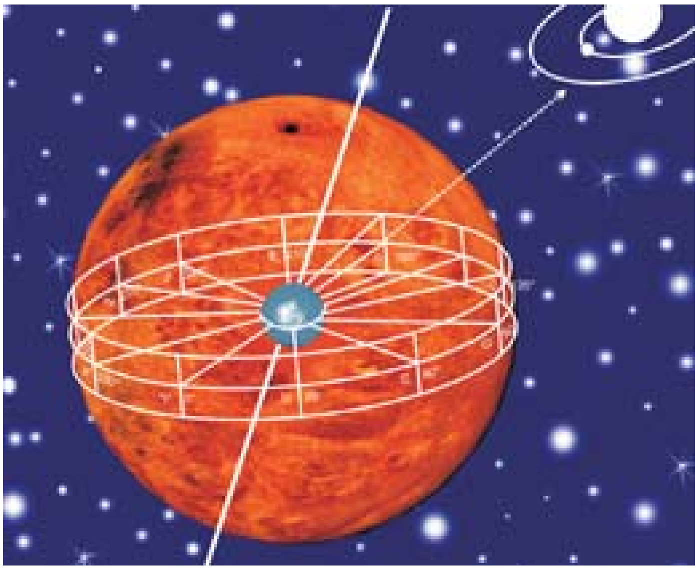


Fig. 3.3 *Western Zodiac, Zodiac Band and Plane of Ecliptic*

The Zodiac band extends above and below the plane of the ecliptic.The Zodiac with its 12 signs is known in many different cultures.



Fig. 3.4 *Lunar Zodiac*

Seven Days of the Week	Related Planets	Constellations East	North	West	South
Sunday	Sun	Fang Room	Hsu Void	Mao Pleiades	Niao Bird
Monday	Moon	Hsin Heart	Wei Danger	Pi Net	Chang Drawn Bow
Tuesday	Mars	Wei Tall	Shih House	Tsui Beak	Yi Wings
Wednesday	Mercury	Chi Basket	Pi Wall	Shen Orion	Chen Board
Thursday	Jupiter	Chio Horn	Tou Ladle	K'uei Astride	Tung Well
Friday	Venus	K'ang Neck	Niu Ox Boy	Lou Mound	Kuzi Ghosts
Saturday	Saturn	Ti Base	Nu Maiden	Wei Stomach	Liu

Willow

The 28 days of the Lunar Zodiac in relation to the 5 Palaces around the North Star, are the 28 segments. The Moon will rotate in each palace during seven days. This period is connected with the seven days of the week. This brings a cycle of the seven planets during the days of the week in the 28 constellations. Specific influence of the sun (moon + 5 planets) and the 28 constellations (4 x 7) each of the 7 days of the week.

Although much more information is recorded and transmitted in China compared to most other civilizations, the real meaning of many methods is very rare to find. The system of stems and branches is a good example of this. Today this system is used on computers and in the form of diagrams, by many practitioners of Chinese medicine all over the world, but very few of them know what the system really means and where it comes from.



Fig. 3.5 *Hindu Zodiac*



Fig. 3.6 *Star Palaces and Constellations*

Chinese Astrology and the Laws of the Universe

As human beings we are the highest manifestation of the Cosmic light which has its origin directly in the Tao, the oneness. The life we lead now originated from this source. From this one unlimited intelligence a process of densifying/materialization or multiplication has led to your individual incarnation or manifestation in the physical realm. Taoist philosophy describes this process as ‘the one giving birth to the two’. The interaction between the two, further differentiates into the world of phenomena. To connect to the spiritualizing spiral of true intelligence that we are, will strengthen the connection to the Tao. This process will deepen through astronomical information (observation) and meditation (explained further, later in this book).

In Chinese cosmology and philosophy the world of duality yin/yang, gives birth to the triple unity. This triple unity we find in the three basic energies in the universe (universal, cosmic and earth) and the interaction between heaven, man and earth. In the body, the interaction of heaven and earth forces (two) gives birth to the three Tan Tiens.

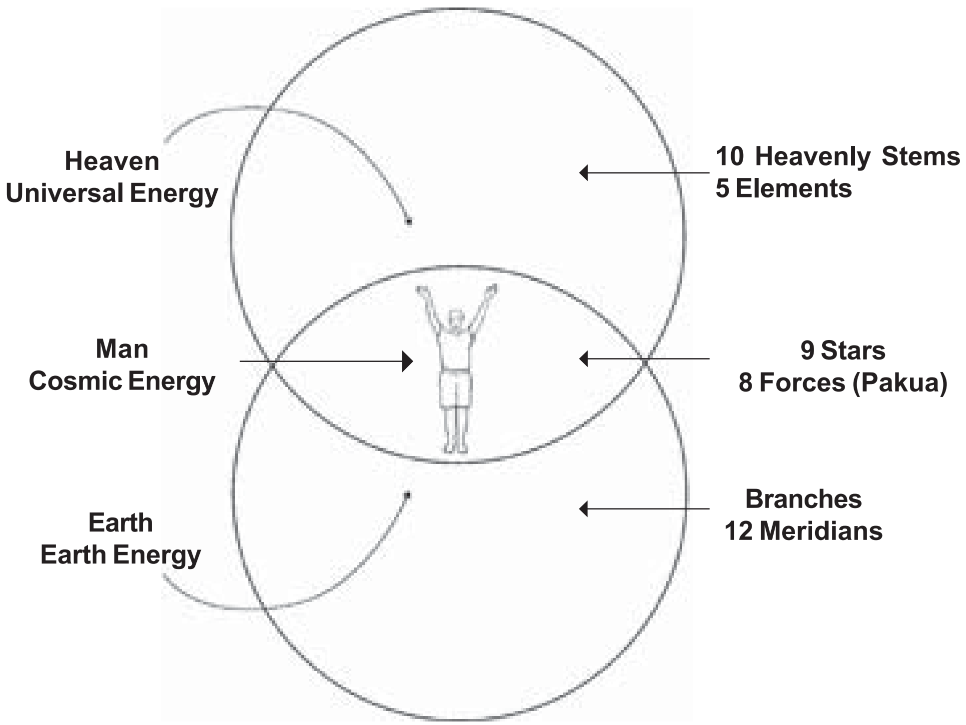


Fig. 3.7
Interaction of Man with the Realms of Heaven and Earth, the Pakua and the Stems and Branches

These three realms contain the main principles applied in Chinese philosophy and astrology. The ten heavenly stems are based on the yin and yang aspect of the five elements (related to yin/yang senses/organs/systems). The I Ching and its internal principle of the pakua or eight forces relates to the eight extraordinary meridians in the body. This more prenatal meridian system is nurtured by the eight planets (the sun and moon form the central aspect) and the eight related star essences. The principles of the pakua are also found in the Taoist 9 Star Astrology (8 forces + the central Tai Chi = 9). The North Star and Big Dipper energy are essential to the whole Taoist practice. Taoist masters observed that in the central star palace, 9 major energy points clearly reflect the changing energy quality of the universe and our planet. These 9 points are the 7 stars of the Big Dipper, the light of the yang star, Polaris and the light of the yin star, Vega.

The 12 earthly branches are in relationship with the earthly forces and also the 12 main acupuncture channels.

The heavenly stems have a high frequency energy - related to realm of cosmic law and Universal energy. The earthly branches have a lower frequency, related to the earth energy and the surroundings of the earth in the 12 different directions.

The principles of the five elements, the pakua and, to a lesser degree, the related stems and branches are fundamental for the planetary and stellar meditations. We will go deeper into these topics as we progress.

Five Elements

Every part of Chinese philosophy is connected with the five elements. The law of Yin and Yang, Five Elements and Pakua (eight forces) come from the unmanifested world and control the whole world of phenomena, including the world of stars and planets and life on earth. Written evidence of the use of the five elements has been found around 300 B.C. although they were certainly known and used before that time. Much confusion arises between the Greek four elements and the Chinese five elements. Both of them have a clear underlying philosophy. **The five basic planets are the physical manifestation of the five elements.**

Ancient Chinese astrology divides the sky into five palaces, also called the five cardinal points. The earth, or Central Palace, is the part of the sky which is visible throughout the whole year. The other four Palaces can be located as the earth moves through the four seasons during its annual rotation around the sun. Each of the outer 4 palaces covers an area of about 90 degrees in the sky.

The one (circle) gives birth to the two (Tai Chi), from there we find the three (e.g, heaven, earth and man), a further differentiation leads us to the pakua. Inside these eight trigrams we find the five elements (see figs 3.10 and 3.11). The combination of the eight trigrams gives us the 64 trigrams. This concept of the order of the universe and an understanding of these laws was traditionally necessary to be able to work with Chinese astrology.

The pakua can be looked at in different ways. In a common form the five elements are located as follows: earth as the center, south on top, north below, east left, west right. If the observers look to the south, following the main trajectory of the sun they see the chart as shown below.

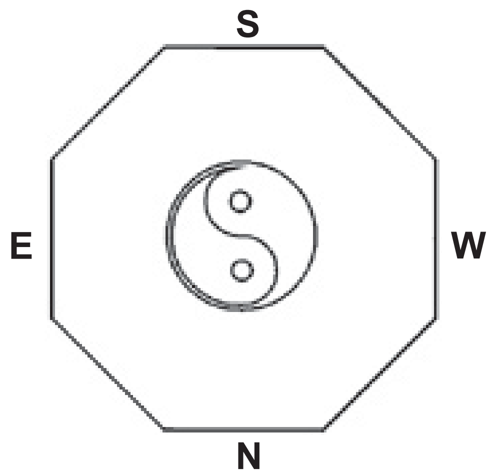


Fig. 3.8 *Five Directions - Pakua looking from the south.*

But if we move southward with the direction of the sun and look from that position to heaven then north would be on top, south bottom, east left, west right. The way the pakua is presented shows the point of view of the observer.

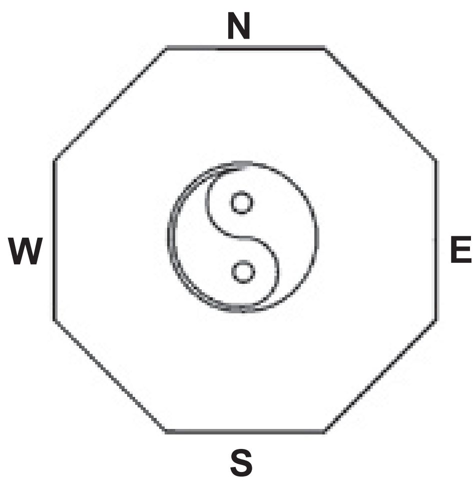


Fig. 3.9 *Five Directions - Pakua looking from the north.*

The most commonly applied system of using the five elements according to the seasons is with the earth element (Indian Summer) coming after the fire element (summer) (See fig. 3.10). Another less popular method uses the earth in its central aspect and places a short earth period in between every season (See fig. 3.11).

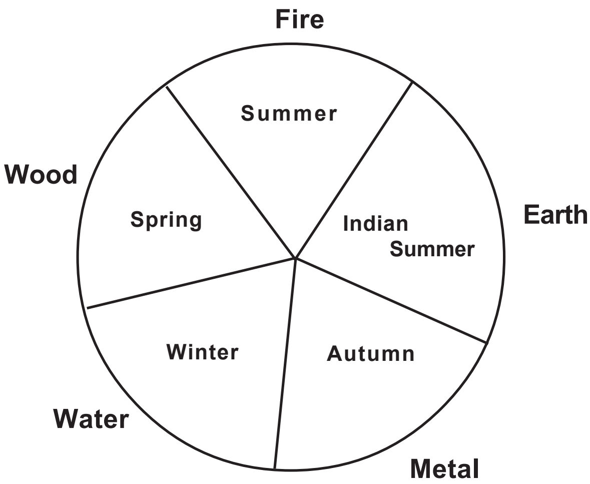


Fig. 3.10

Most common way of using the 5 elements in the year's cycle:
5 periods of 72 days each (the Astrological Year counted 360 days).

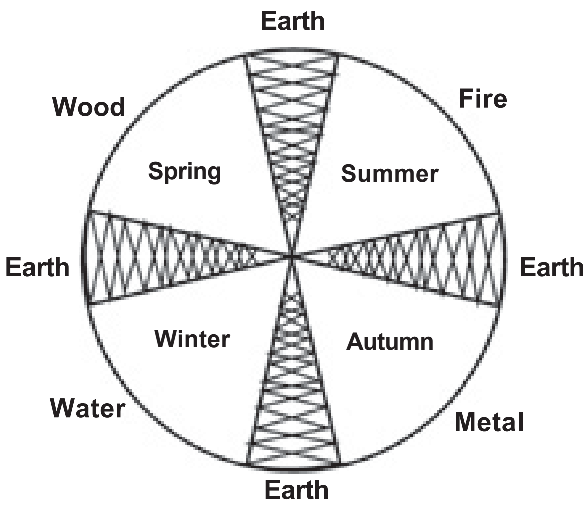


Fig. 3.11

Earth element seen as the changing and balancing point between the seasons.

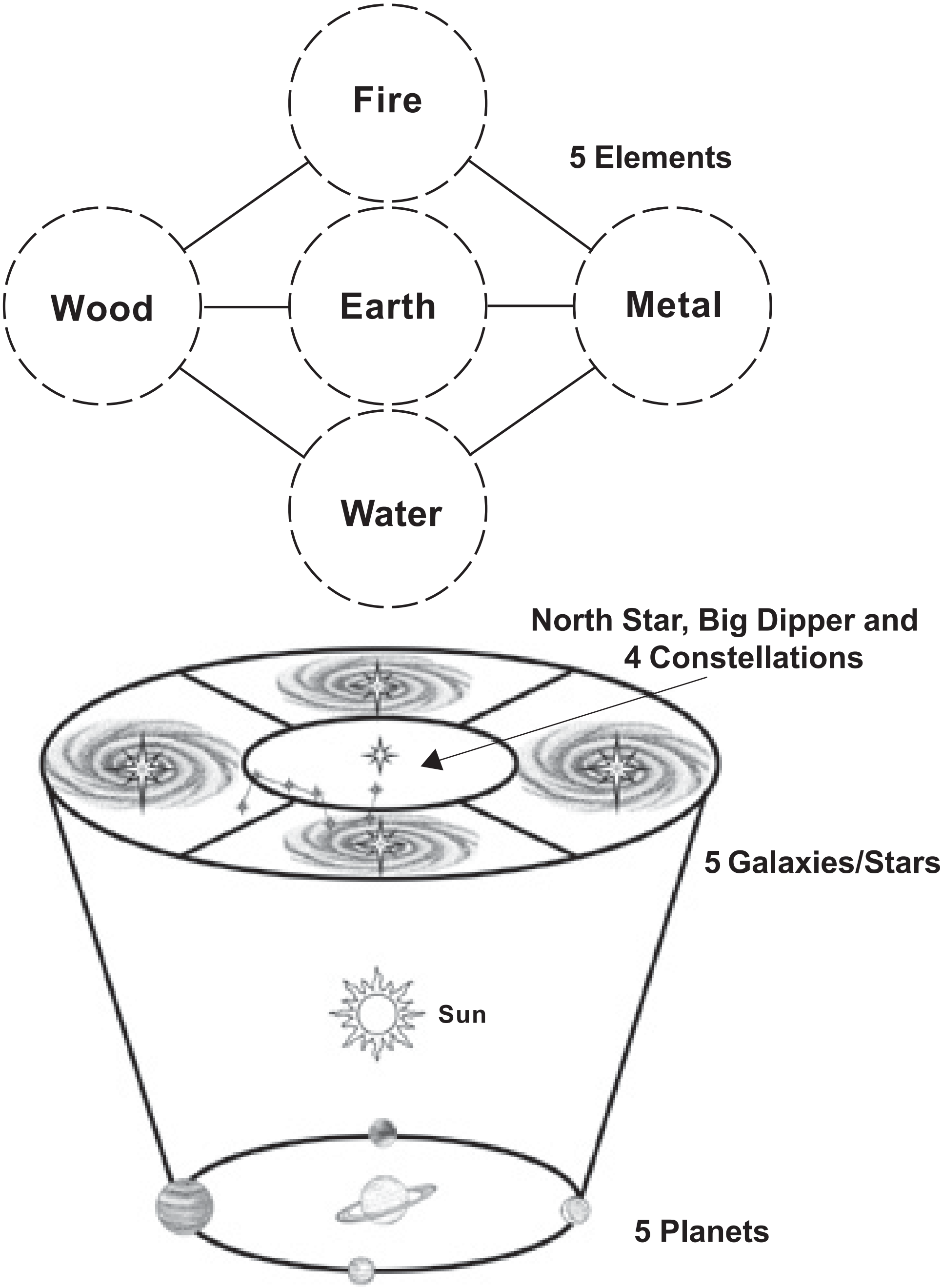


Fig. 3.12 *Five Elements through the Universe*

The dominance of one of the five elements in a person's basic energy will give a charge to the person's quality and way of living. Of course, all of us have some of all five elements but according to the year/month/day and in some systems also the hour/minute at the moment of birth, one of the five elements will be stronger than the other four. As mentioned before there are many different systems, all using different methods to make calculations. Most of them work well if we understand their point of view and if we use them as a 'whole'. Mixing different astrological systems tends to create much confusion.

The most typical positive or creative qualities of the different elements are:
Wood: Practical, creative, casual.
Fire: Lively, talkative, quick.
Earth: Stable, reliable, conservative, primitive.
Metal: Vigorous, progressive, determined, calculated.
Water: Contemplative, attentive, communicative, adjustable.

(For a better understanding of this topic, read: "Fusion of the Five Elements I", by Mantak Chia)

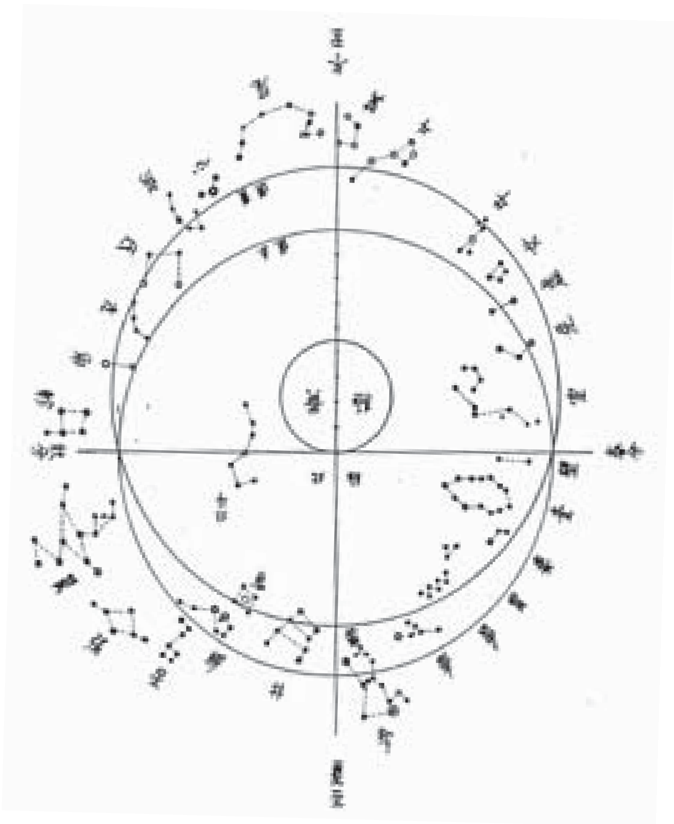


Fig. 3.13 *North Star - Big Dipper - 28 Constellations*

Pakua - Eight Forces

The pakua (or eight forces) were first described by Fu Hsi as a sign from heaven brought in the form of stripes on the back of a turtle. The I Ching or book of changes is based on the pakua. The combination of the eight directions gives birth to the 64 hexagrams also used in **I Ching** astrology. The eight directions and the center form the nine palaces used in the Chiu Kung Ming Li or Nine Star Astrology and also in the Lo-Pan, the basic tool of Chinese geomancy and in Feng Shui. The Lo Shu or Magic Square found its origin in the Lo Map and is used for prediction.

The eight different signs come from the combinations between the yin and the yang .

First there was Tai Ji (extremity) ; this produced the two poles yin and yang; the two poles yielded four phases, the four strengths: Greater Yang (Tai Yang), Lesser Yang (Shao Yang), Greater Yin (Tai Yin), and Lesser Yin (Shao Yin). The four phases yield the eight trigrams.

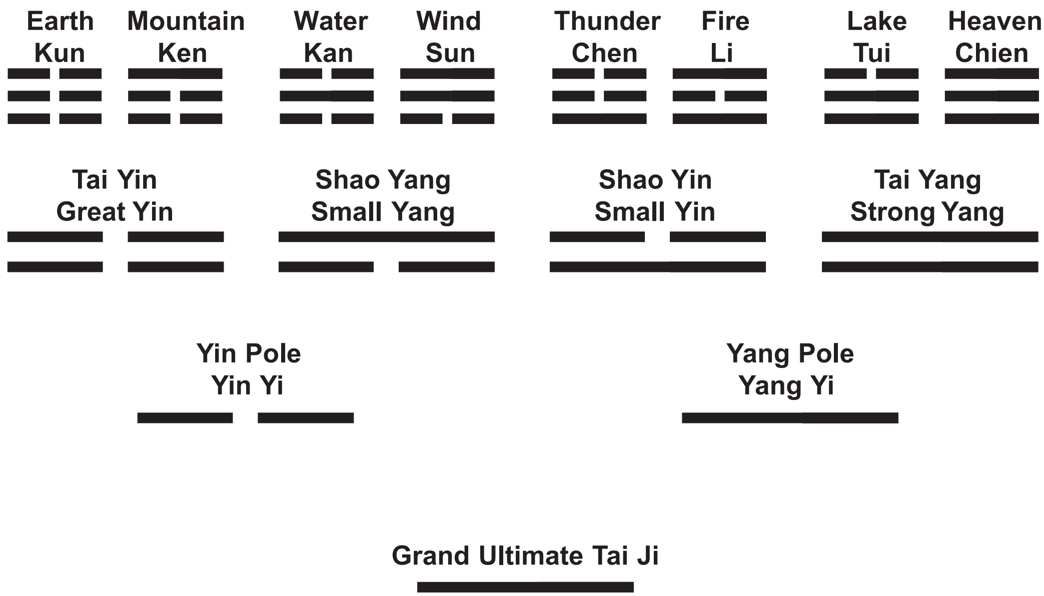


Fig. 3.14 *The eight trigrams are divided from Tai Ji.*



Fig. 3.15 *Lo-Pan or Net Tablet.*

The eight trigrams are used in different forms of Chinese and Japanese astrology and also in the Lo Shu, or Magic Square (See fig. 3.17), related to the nine main stars in the Central Palace. The eight directions and the center (9 palaces) each have their typical quality. Since the Central Palace is above the earth axis, it has the strongest effect on human energy and consciousness.

Taoist masters gave a name and a number to each of the nine stars describing the unique quality of each of them.

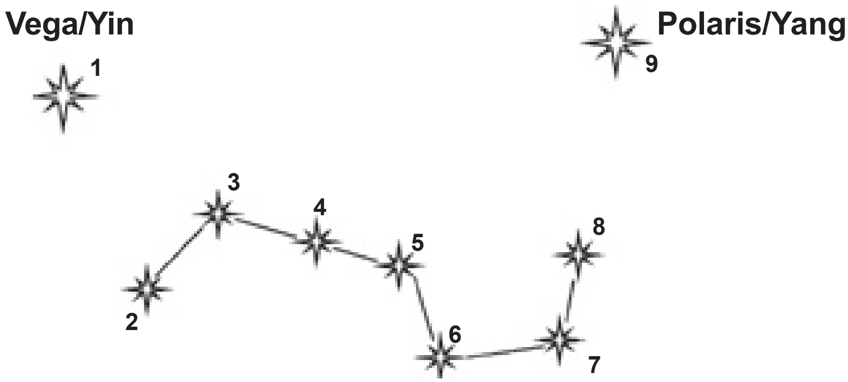


Fig. 3.16 *Nine Stars*

According to the time of birth, each of us is more or less influenced by one of the nine stars with its unique quality based on the five elements and the trigrams. During our lives we keep this basic quality but with time we will move with our numbers to other positions in the magic square (called the houses) each with its unique influence on us. While being influenced we are initiated into life's other possibilities.

4	9	2
3	5	7
8	1	6

Fig. 3.17 *Magic Square always adds up to fifteen.*

Your numbers are situated in the different palaces and will show you the Universal quality that is influencing you the most at that specific moment.

The typical qualities of the Nine Palaces are:

Chen 3	Thunder: the arousing, the new impulse, exciting.
Sun 4	Wind: the penetrating, gentleness.
Li 9	Fire: clarity, conscious, independent.
Kun 2	Earth: the receptive, trust, confidence, openness.
Tui 7	Lake: joyfulness, fullness, satisfaction.
Chien 6	Heaven: the creative, energetic, strong, light.
Kan 1	Water: prudence, dangerous, unreliable.
Ken 8	Mountain: keeping still, stability, rest.
Chung 5	Female Trigram: Kun-black earth, the receptive.
	Male Trigram: Ken-mountain, keeping still.

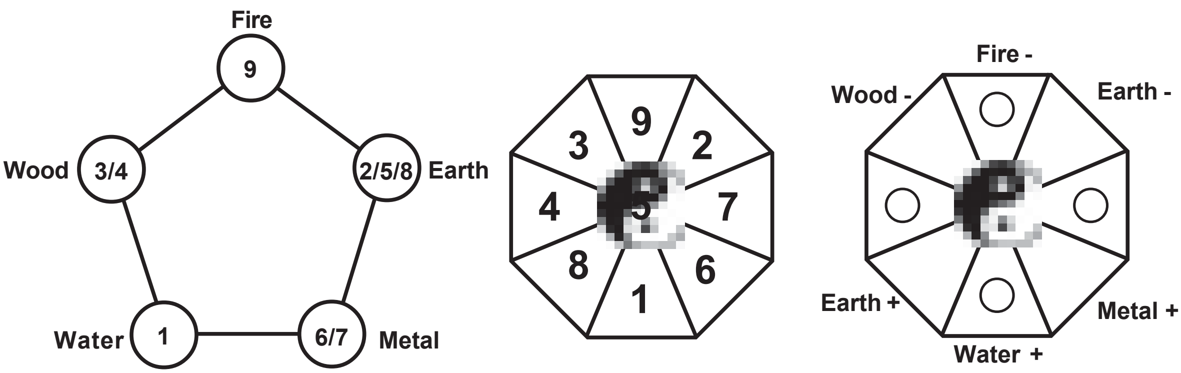


Fig. 3.18 *Numerology in the Pakua and the Five elements.*

The five elements and eight trigrams are deeply interwoven into Chinese philosophy and astrology. The eight trigrams can be seen as a further derivation of the five elements or from the four directions to the eight directions.

The symbolism in the eight trigrams is used in two different ways. One of them is called “the preheavenly pakua” according to the legendary Fu Hsi, named during the age of the five rulers (2852 B.C.). The other is the “postheavenly pakua” originally coming from King Wen of the Chou Dynasty (1122 B.C.) in his book called Yixici (YI ‘s related metrical composition) or Yi Da Zhnan (great biography of Yi). This is the first written explanation of the relationship between the preheavenly and postheavenly pakua. The preheavenly state is related to the time before the earth was formed, when everything was chaotic, like a cloud or mist. Nothing could be differentiated (state of Wu Chi).

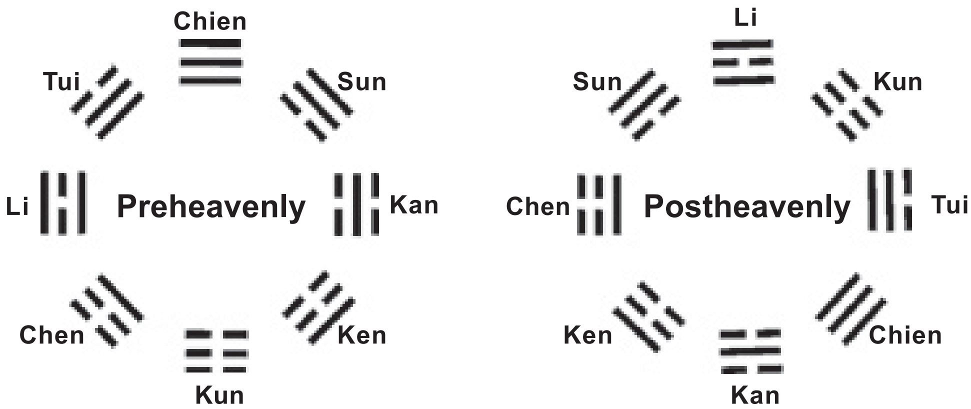


Fig. 3.19 *Preheavenly and Postheavenly Pakuas*

The preheavenly state can also be seen as the period before the time that the earth started to materialize and heaven and earth began to separate (Tai Chi or grand ultimate state). The postheavenly state begins at the time when heaven and earth were clearly distinguishable and the yin and yang pole were generated.

In human life the preheavenly and postheavenly states are separated by birth or the moment the baby can see the light or the sky.

The goal of the Universal Tao practice is to unify the pre and post heavenly states of being. The quality of the preheavenly state is the basic energy of the newborn baby, totally soft, natural and filled with its mother’s essence, Chi and blood.

As well as this, intuition, flexibility, softness, tenderness and creativity are components of this preheavenly or virgin child state. In the Taoist Fusion and Kan and Li practice five virgin children are pictured to store and crystallize the pure virtue energy from the five elements.

Through the Universal Tao practices, the vital essences remain in the body until old age. The practitioner remains flexible, strong, and full of virtue. The unification of ‘pre’ and ‘postheaven’ is reached by first “training the postheaven to remedy the preheaven” and

then “training the postheaven to return to preheaven”. In the unified state the body and mind become one, in accordance with the heavenly principles.



Fig. 3.20 *Unify Postheaven into Preheaven.*

In the art of Pakua Palm (an internal martial art) the practitioner walks a circular path, stepping one by one through the different Kuas (directions) and then spiraling from one to another. In this way the embryonic formation is repeated and the deep cellular memory inside the DNA is activated. The Microcosmic Orbit has the same life spiral and intelligence inside as the DNA. Walking and spiraling in the Pakua Palm way is recreating your life process on a deep level.

Through meditation and exercises, the preheavenly mind will start to guide the postheavenly body so that the body will gradually turn into its preheavenly state.

Ten Stems and Twelve Branches

As described before the ten heavenly stems are the yin/yang poles of each of the five elements, while the twelve earthly branches are related to the twelve sections of the earth’s rotation field projected in the star world.

The 60 years of the stems and branches ‘cycle’ happens in correlation with the Jupiter/ Saturn conjunction.

The whole system describes geometrical coordinates in time and space, with Polaris as the center point and other celestial bodies as references. The ten heavenly stems are often related with the planets and the five palaces in the star world.

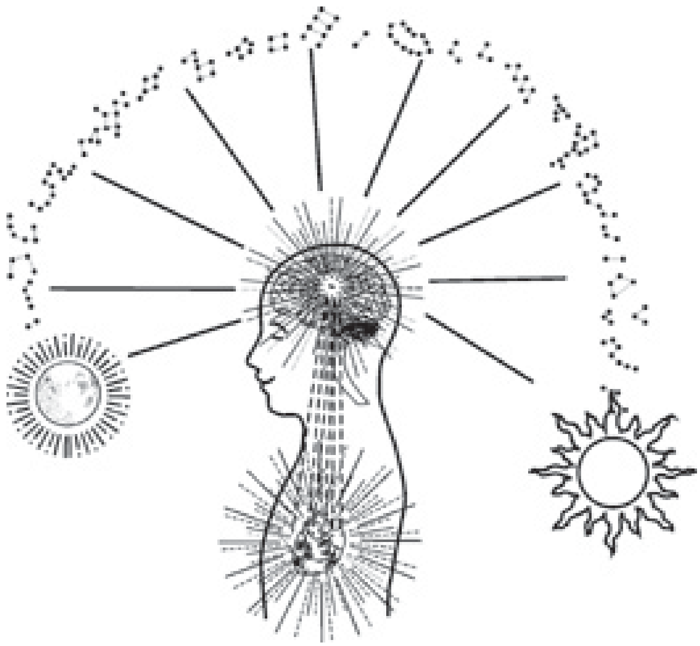


Fig. 3.21 *Ten Stems in the Sky*

Ten Stems

No.	Name	Transcription	Significance Related		
1	甲	**Chia**	Yang moving in the East; sprouting.	Fir Tree	**Wood**
2	乙	**Yi**	Plant growing in a crooked way; tendril; twig.	Bamboo	
3	丙	**Ping**	Growth in southern heart; bloom.	Torch-Flame	**Fire**
4	丁	**Ting**	Vegetation in warm season; summer.	Lamp-Light	
5	戊	**Wu**	Exuberance; substance of life.	Mountains	**Earth**
6	己	**Ki**	Winter; sleep, hibernation.	Level Ground	
7	庚	**Keng**	Fullness of crops; the West; autumn harvest.	Weapon	**Metal**
8	辛	**Sin**	Ripened fruit and its flavor; supposed to be metallic.	Cauldron	
9	壬	**Jen**	Yin at the height of its function; pregnancy.	Willow	**Water**
10	癸	**Kwei**	Water absorbed by earth; Yang preparing for spring.	Unruffled Stream	

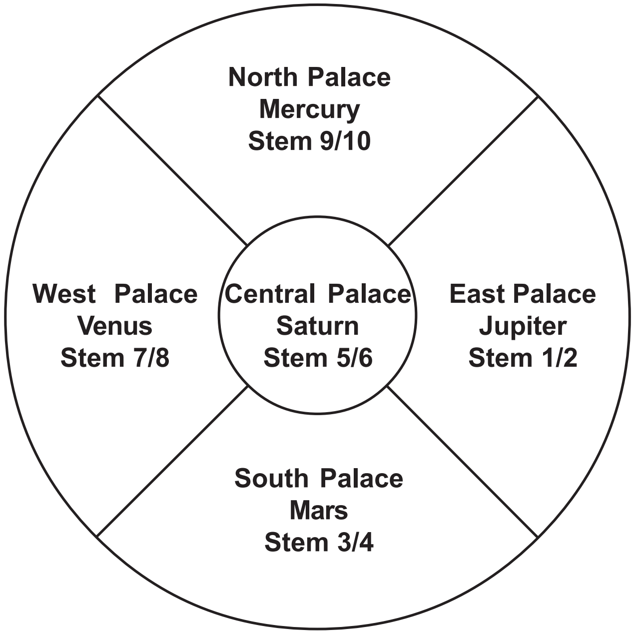


Fig. 3.22 *Branches*

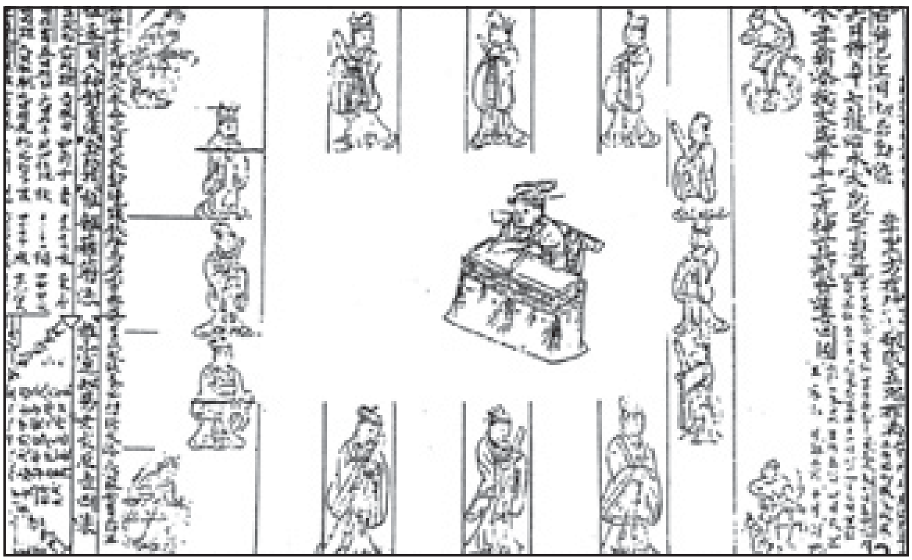


Fig. 3.23
The Deities of the Twelve Branches From a Tun Huang Manuscript Dated AD 978.

Twelve Earthly Branches or Duodenary Cycle / Twelve Animals

Twelve Branches							Twelve Animals	
No.	**Name**	**Tran-scrip-tion**	**Usual Meaning**	**Significance in the Duodenary Cycle**	**Symbol**	**Element to Which Related**	**Name**	**Meaning**
1	子	**Tze**	Child	Regeneration of vegetation	Yang stirring underground	**Water**	鼠	Rat
2	丑	**Chu**	Cord	Relaxation; untying a knot	Hand half-opened		牛	Ox
3	寅	**Yin**	To revere	Awakening of life; plants	Wriggling earthworm	**Wood**	虎	Tiger
4	卯	**Mao**	A period of time	Breaking through the soil	Opening a gate		兎	Hare
5	辰	**Chen**	Vibration	First vegetation; seed-time	Thunderstorm		龍	Dragon
6	巳	**Ssu**	End	Supremacy of Yang	Snake	**Fire**	蛇	Serpent
7	午	**Wu**	To oppose	Yin reasserting itself	Female principle in hidden growth		馬	Horse
8	未	**Wei**	Not yet	Taste of fruit	Tree in full bloom		羊	Goat
9	申	**Shen**	To expand	Yin growing strong	Clasped hands	**Metal**	猴	Monkey
10	酉	**Yu**	Ripe	Completion	Cider or wine-press		雞	Cock
11	戌	**Shu**	Guard	Exhaustion	Yang withdraw-ing underground		犬	Dog
12	亥	**Hai**	Kernel	Kernel or root	Yang in touch with Yin	**Earth**	猪	Boar

Structure of the Universe and the Process of Spiritualization

Evolving through the process of spiritualization, our spirit will enter different layers of Universal consciousness. As described in the previous chapter, the universe can be seen as three different realms: one of the pure law, one of Chi and one of the manifestations of law and Chi.

We have all arrived on this planet through a materialization process: a contracting spiral that led us through these three realms into the physical condensed form we have now. From the moment of birth and more so after the physical development has reached its biological peak. The spiritual process, an expanding spiral that projects our spirit into the universe, begins to grow.

When the level of consciousness grows, the intelligence and information network that connects each of us with the source will start to light up more and more; and we will, step by step, experience all the different dimensions of the universe, from our sexual energy to our spiritual origin. In the course of this process, you will find yourself projected into the whole universe.

Of course it is easier to take seven steps one by one, rather than trying to jump to the 7th at once. The same is true for the spiritual process. We will gradually grow through the 3 realms step by step. The seven meditations in this book will guide you all the way through the manifested world of earth, planets and stars to the world of pure Universal laws.

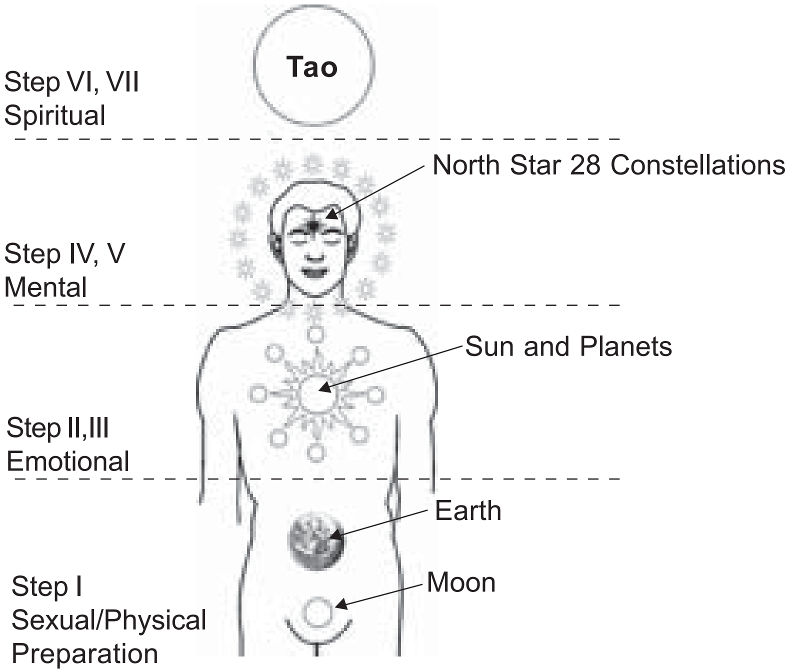


Fig. 3.24 *Seven Steps of the Spiritual Process*

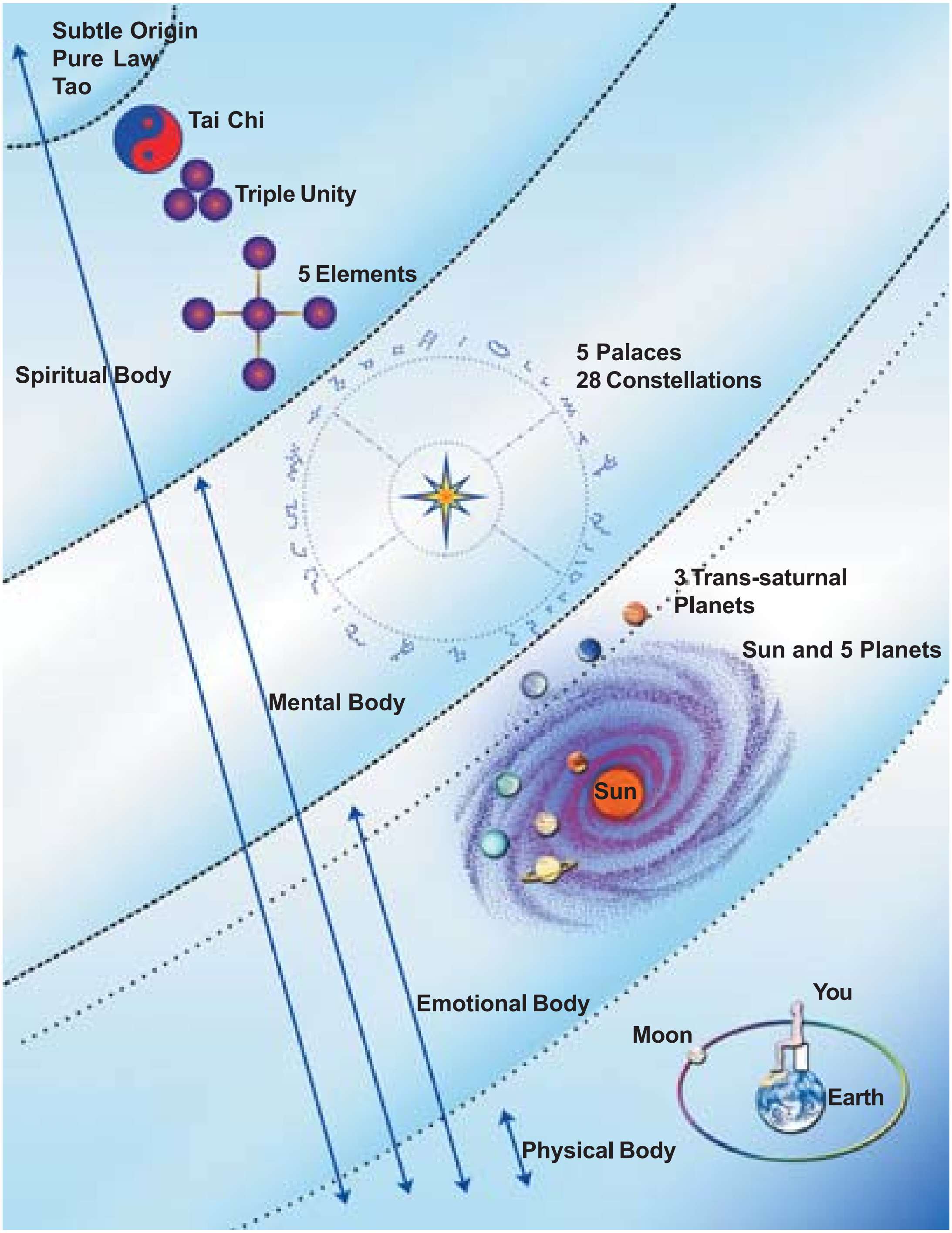


Fig. 3.25 *Human Energy in the Universe*

Step One: Earth/Sun/Moon Triangle

Before you go on this journey, it is wise to take care of your vehicle. You will need a healthy and strong body and put on your safety belt. This is the rooting or the connection with the earth.



Fig. 3.26 *Rooting to the Earth.*

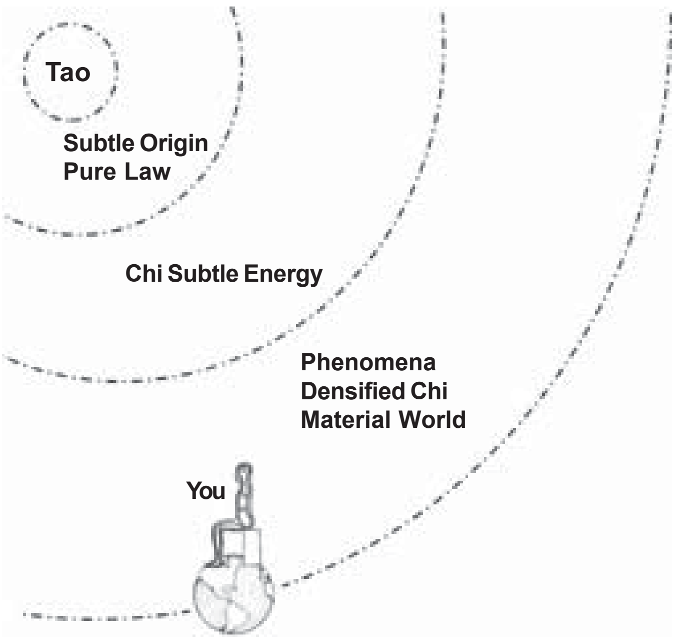


Fig. 3.27 *Three Realms in the Universe*

Now you need to learn to control, transform and use your sexual energy. Sexual energy is connected to the moon. The sun and the moon energies are easily experienced because we can see and feel them with our earthly senses. Most people do not consciously experience the effects of the moon. We cannot touch it like the earth or feel its radiant energy as easily as the heat from the sun.

The goal of our meditative practices is to tune into the energy frequencies and awareness field of the planets and stars and integrate these into our physical body. The moon is an important step in the development of our universal awareness because the moon meditation triggers deeply hidden layers of the unconscious mind connected with our sexual potential.

Our connection with the moon will help us to become profoundly aware of our sexual essence to which we cannot relate with our ordinary mind.

Through moon and sun meditations, the sexual essence which is stored deep inside the sexual organs and kidneys, becomes available and transforms from Jing into Shen, shifting unconsciousness into consciousness .

When we suppress or have no control over our sexual energy, the earth energy will be insufficient for us to keep balance and be stable enough to advance in the spiritual process. Unconsciously or consciously a part of us may be blocked by sexual frustration and its associated emotions.

All people in the modern world have a layer of heaviness and negativity on the level of their sexuality. This is based on the social/collective conditioning during many centuries of religious and scientific control.



***Fig. 3.28** Sun and Moon Balance*

Once you have built up a strong center in the Lower Tan Tien and are enjoying a good connection with the earth and have achieved control over your sexual energy, you can begin expanding your awareness field.

The Universal Tao practices lead you step by step through these levels. Without these preparations, the effects of your planetary and stellar meditations will be limited as you lack the power to attract, absorb and integrate the energy in your physical body.

Note

If you have not done any Universal Tao practices, you can also do the planetary/stellar meditations. In this case however, you have to build up your physical body/Lower Tan Tien and the star/planet connection simultaneously. Keep this balance. Build up regularly, but slowly.

The centering, rooting and cultivation process of the physical body and the sexual energy should be continuously developed because we also expand into and grow further with the universe. In this way you become like a big tree with long and deep roots and you grow the ability to lead information from the universe down into the earthly realm and into your physical body.

The picture (see Fig. 3.25) “Human Energy in the Universe” reflects how we can find ourselves back in the universal picture.

The cool moon energy in the lower body is balanced by the contact with the warm sun energy in the upper body. The sun will help us to open the heart center and feel connected to nature, the universe and other people. The sun is the central point of the solar system and governs a higher awareness than the other planets. The sun is a star in the planet world and a gate out of the planetary emotional and rational mind layer into the realm of the higher mind and the spirit. (See Fig. 3.28)

The sun and the moon need to be balanced inside to create peace between the love and sex energy, the conscious and unconscious.

Steps Two and Three

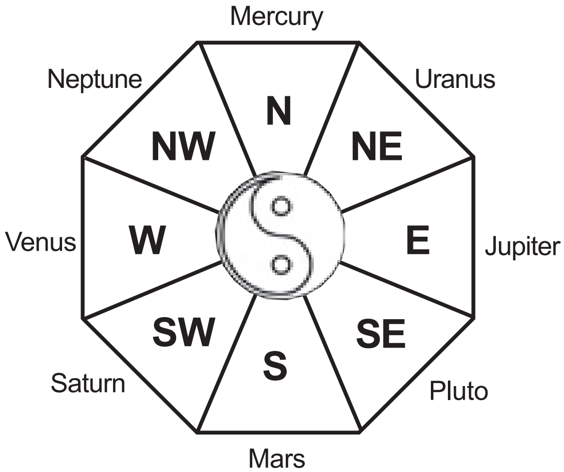
Step two in our universal awareness journey leads us deeper into our solar system. To the sun and the five basic planets. The five basic planets are a materialized form of the energy of the five elements. In the planetary world we find the sources of our collective emotional and lower mental tendencies.

First we connect with the sun and the five basic planets (Mars, Saturn, Venus, Mercury, Jupiter). We integrate their specific frequencies and their qualities/virtues and connect to these energies. The practice described in this book deals with the first five steps.

In step three we expand further out to the border of our solar system into the three planets beyond Saturn (Uranus, Neptune and Pluto). These three planets represent the part of the emotional social consciousness that has recently (the last centuries) formed along with the development of society and social awareness.

According to the Taoist tradition, the five planets can be placed in the cycle of the five elements. If we add the three trans-saturnal planets, we can link them up with these five and use them in the eight directions of the pakua (the eight-sided form). Since Chinese astrologists did not originally know about the three trans-saturnal planets, the use of the eight planets must have been introduced in this century.

Although some Chinese astrologists claim that the trans-saturnal planets were known long before their discovery in the west, we could not find any reference of astronomical/ astrological use of these planets in the old Chinese literature. Some additional planets that are used in China and known as 'counter planets' are instead energetic formations (not materialized). These same principles are also found in the Hindu and Aboriginal tradition.



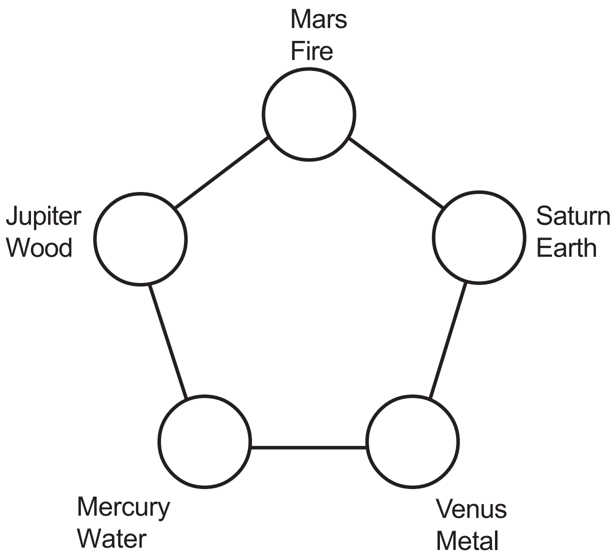


Fig. 3.29 *Five Elements*

Step Four

This step leads us to the world of the stars, star clouds and milky ways. This represents a finer quality of energy that is related to the higher world of the mind and the spirit. Taoist masters observed several thousand of years ago that the North Star always keeps its position while the 28 constellations turn around it.

For this reason Taoists have always seen the North Star as the center of the star world and also as the gate to the spiritual realm and the Tao. In the planetary and stellar meditation, we first connect with the North Star. In this way we deeply penetrate into the star world. Then connections with galaxies are established that are related to the Five Palaces/Elements.

Astrological studies of the 12 or 28 constellations combined with intensive meditation on the individual qualities of these signs can deepen our connection with the star world and can greatly accelerate our spiritual advancement. This is, however, a quite advanced and complex practice.

Step Five

We will combine the two most extreme poles in the star world: the ultra yang force of a quasar, with the ultra yin force of a black hole. We will use an uplifting spiral of these two to project an awareness in the pure yang unmanifested world.

Step Six

Here we go beyond the realm of phenomena and the realm of Chi into the realm of the spiritual laws, five elements, the triple unity, polarity and the pure law.

Step Seven

Figure 3.25 on the structure of the universe shows different layers in the universe and how to find them in the body.

The energy core of these different layers are all lined up on the Central Thrusting Channel that is located in the center between the perineum and the crown point. Step seven is what we call ‘being and living the source continuously in a state of absolute freedom’. We could also call this level zero because all separation will end in this state.

The connection and integration of the essence of these core points into our body will automatically raise our energy and awareness level and in this way trigger the connection with more subtle universal frequencies. In this way your body and the universe are becoming one. All your actions and your presence become an effortless reflection of the Tao itself.

Each of the seven steps described above is accompanied by major changes in all aspects of the practitioner’s life.

Chapter IV
Astronomical Overview

How to use the Astronomical Information in this Book

Astronomy is a valuable tool to understand and cultivate our relationship with the material universe. The accumulation of astronomical knowledge does, of course, not guarantee a higher energy and awareness level. The information presented may help you create a direct experiential link between where you are living now on the earth and the heavenly energies of planets and stars. Only when this direct, experiential contact is made, can the study of and meditation on the universe improve your quality of life.

In this chapter, we will summarize some basic astronomical facts. They are meant to increase your understanding of the world of stars and planets. If we study some basic astronomy and use it to expand our awareness, our intellectual mind will be more satisfied and will be able to function as a vehicle that can travel beyond time and space. Together with the accompanying pictures it is presented to give you some specific connection points during the meditations. After you have studied the information, simply put the picture in front of you and take it in deeply. Empty the mind of all other activity.

Then close your eyes, expand your awareness and travel with your intention in space. Be aware that the physical objects you are connecting to are just the materialized centers of an energy field or belt. It is the frequency and the energy in the belt that you are tuning into. So, relax.

Keep your hands on the Tan Tien and keep the energy deep inside. Repeat this process 4 to 5 times until you start to feel the connection. Use the meditation techniques as described in chapter XI.

Formation of the Solar System

Planet earth is a small planet that has an annual cycle around a middle-sized star, the sun. There are nine planets in our solar system. Together with the planetoids, satellites, comets, meteors and some gas and dust formations, they form our solar system.

The sun is 10 times as big as the biggest planet in our solar system, which is Jupiter and more than 100 times larger than the earth. Since the mass of the sun is 330,000 times greater than the earth, its gravitational force holds the earth in a fixed yearly cycle. Many believe the birth of the solar system was introduced by the implosion of a cloud of gas and dust. The reason for this implosion is still a mystery, but meteor analyses shows that an exploding star or supernova might have caused this.

Our solar system started its materialization process about 4.5 to 5 billion years ago. Around that time, a cloud charged with cosmic dust gathered at the edge of the Milky Way. The centripetal force in the cloud caused the formation of a more dense center. This created heat, which speeded up the rotational force and flattened the form. After millions of years the immense gathering of energy in the center caused a nuclear reaction and self-inflammation. At other places in this cloud smaller concentrations of gas and cosmic dust gathered as a result of the lower density. They did not inflame but materialized.

The specific place and orbit of each planet in our solar system is located at the balance point between the rotation force/centrifugal force and the gravitational force /centripetal force both in relation to the sun.

The planets closer to the sun were baked and became very hard because the gases were dispersed by the heat and the ion/electron wind sent into the universe by the sun. Further out from the sun, the temperature is much lower. The planets there materialized into big balls of fluid gas with a vast center, often with a crust of frozen substance.

Expansion and Contraction of the Solar System

Astronomical studies tell us that there are billions of milky ways in the universe and that there are also billions of stars in most of these milky ways. Our solar system travels through the universe at a speed of about 300 km/sec. Even at this speed it takes about 230 million years for our solar system to make a complete cycle through the Milky Way. During such a cycle or what is called a galactic year, the solar system is not always at the same distance from the center of the Milky Way.

When the solar system is closer to the center this is called the galactic summer. Our solar system responds to the stronger contractive force at this point in the galactic year. The planets come closer to the sun in this period, the atmosphere heats up and greatly enhances the size of the flora and fauna. When the solar system is further away from the center of the milky way, the solar system expands, so a greater distance arises between the earth and the sun. This creates lower temperatures and plants and animal species will be smaller (more arctic).

It is generally believed that the first life forms on earth appeared some 3.2 billion years ago. This means that the earth moved about 13 cycles in the milky way.



Fig. 4.1 *Formation of our Solar System*

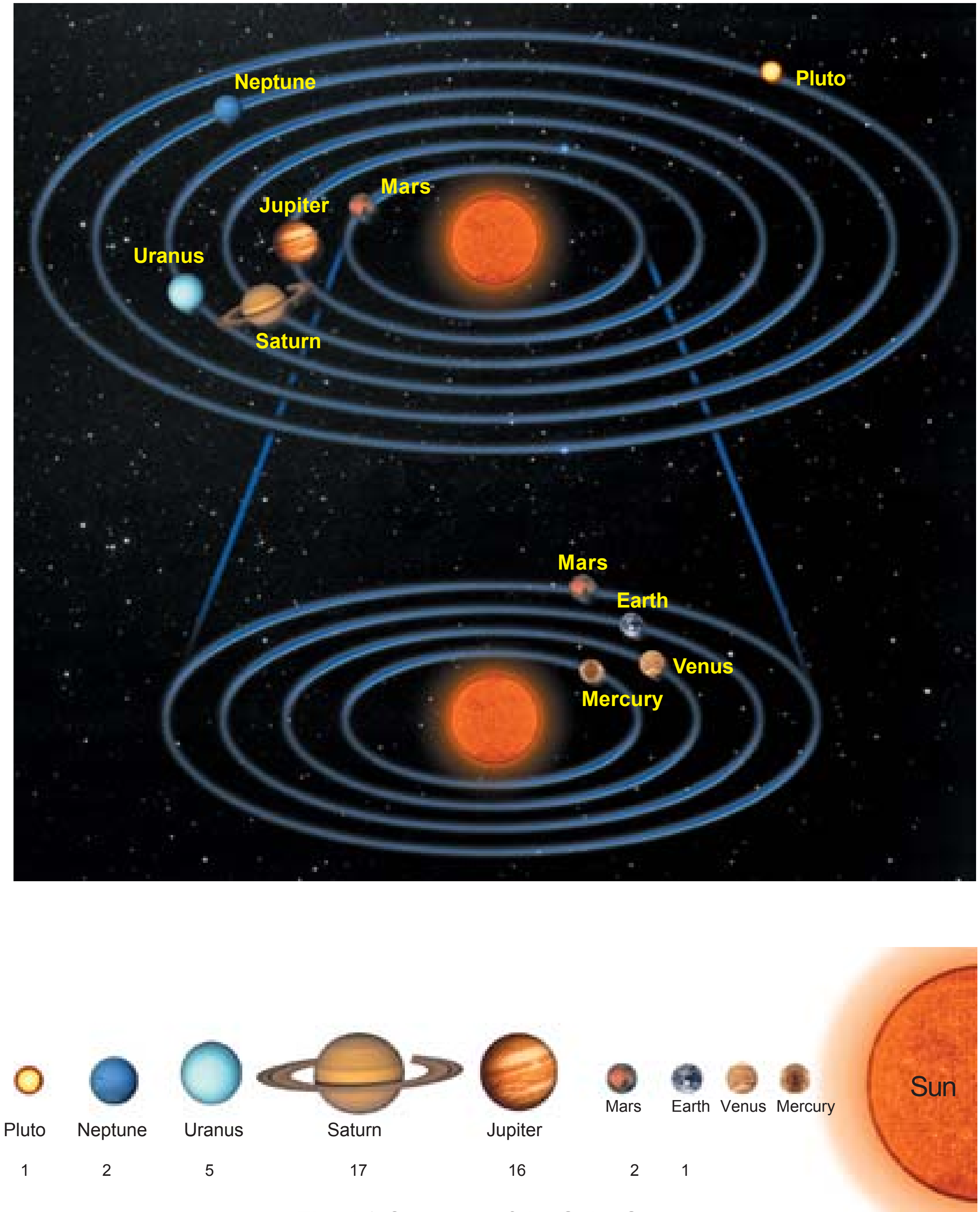


Fig. 4.2 *Overview of the Solar System*

Overview of the Planets in Our Solar System

Earth



Fig. 4.3 *Earth Field*

Planet earth is a blue planet with a moderately humid climate and a lightly unstable surface, 70% of which is covered by water. Its atmosphere consists mainly of nitrogen and oxygen. Under the 32km (approximately) thick earth crust we find a 3000 km thick inner mantle. The core of the earth is a moving sea of liquid nickel and iron, which creates a strong electromagnetic field. It rotates around its axis in one day and around the sun in one year.

Moon



Fig. 4.4 *Moon Field*

The moon is, in fact, not a planet but a satellite of the earth.

Since the moon has no protective atmosphere it has been bombarded out in space for the last 800 million years. The craters that we can see from the earth are ‘scars’ of this activity, their presence enabled by the absence of erosion. Stones have been found that are more than 4 billion years old, the same age as the solar system. The origin of the moon in relation to the earth is still a mystery. Its rotational speeds around its axis and around the earth are about equal; 28 days. For this reason we always see the same side of the moon. Temperature extremes vary between + 127 °C and - 173 °C.

Sun

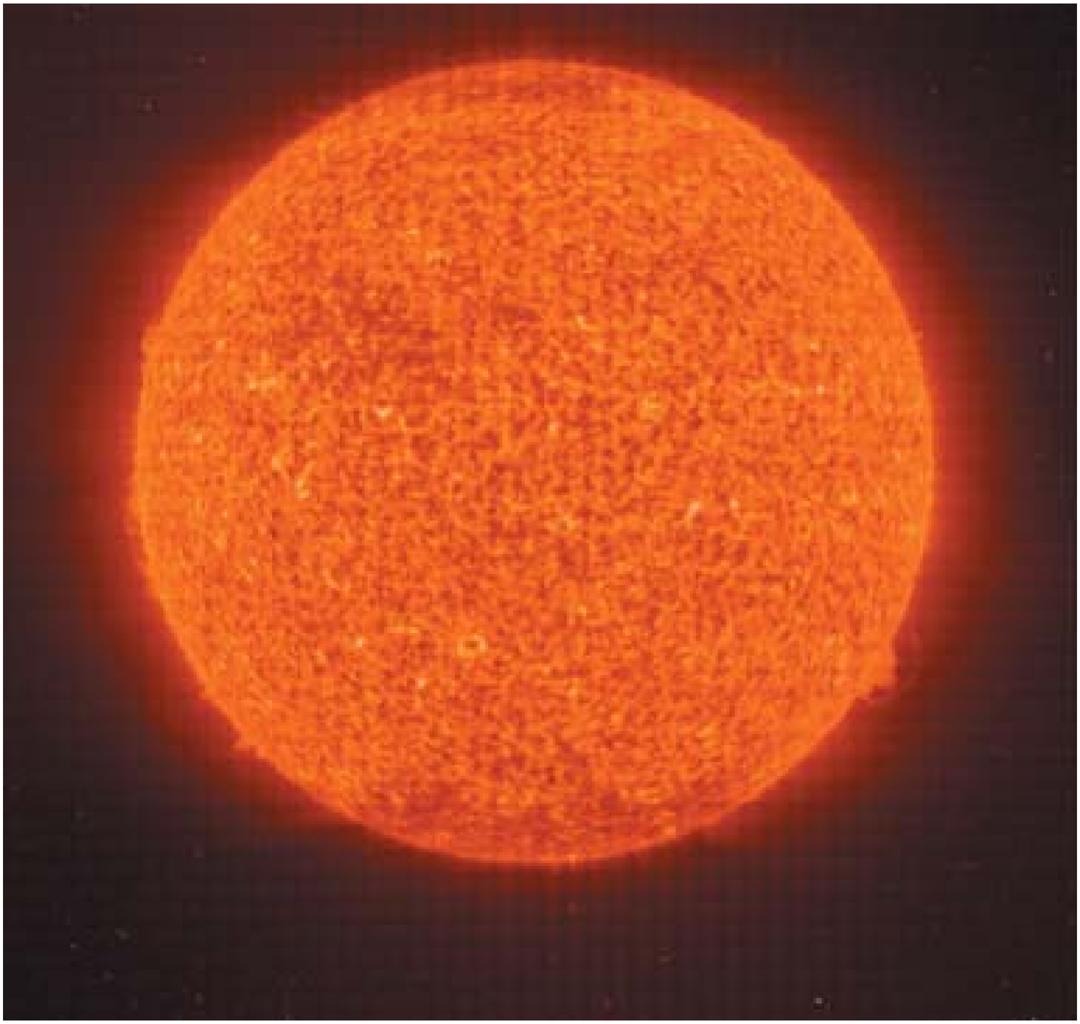


Fig. 4.5 *Sun Field*

The sun is the giant of our solar system, with a bigger mass than all planets put together. Compared to other stars it is small to medium sized. It is the main light source in our solar system and in this way generates life on our planet. Its main components are hydrogen and helium. The sun radiates enormous amounts of light particles and radioactivity. It turns around its axis in 246 days. The temperature in the center of the sun is about 15 million °C.

Each second the sun radiates more energy than man has used since the beginning of civilization.

Mercury

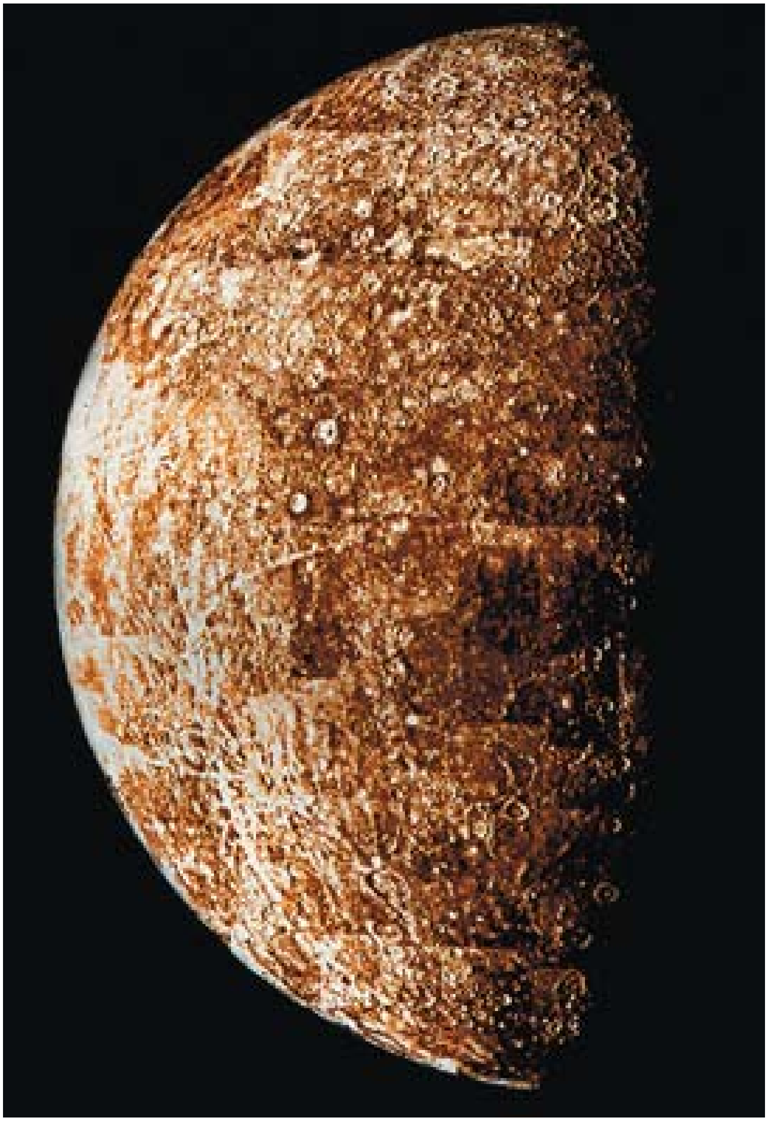


Fig. 4.6 *Mercury Field*

Mercury is like a giant cinder with a strong pockmarked surface.

Its proximity to the sun has caused its atmosphere to be burned away completely. On the sunny side the temperature rises to 430 °C, on the dark side it drops to - 170 °C. It turns around the sun in 88 days and has a rotational speed around its axis of 58.6 days. The marked surface may also be the effect of shrinkage.

Venus



Fig. 4.7 *Venus Field*

In the past, Venus was called the ‘clear morning star’ or by others the ‘clear evening star’. The reason for this is that when viewed from the earth it swings across our ‘planetary view’ over a period of about sixteen months. For about eight months it is clear in the morning and the other eight months it is clear in the evening. Its surface is covered under a thick atmosphere where temperature rises to 500 °C. The atmosphere allows sunlight in but not out, which causes a greenhouse effect. A constant acid rain (carbon dioxide and sulfuric acid) falls form the clouds. It turns around the sun in 225 days and around its axis in 243 days. The pressure of its atmosphere is about 90 times greater than that of earth.

Mars



Fig. 4.8 *Mars Field*

The red planet is a giant sand desert where huge storms occur regularly. It also has ice caps on the poles just like the earth and several giant volcanoes. The highest one is 2 ½ times as high as the Mount Everest.

It has a thin, pink atmosphere and a deep red surface. Temperatures are between + 20 and - 140°C. It rotates around the sun in 687 days. A Martian day also takes about 24 hours. It may have had water on its surface in the past and a denser atmosphere.

Jupiter

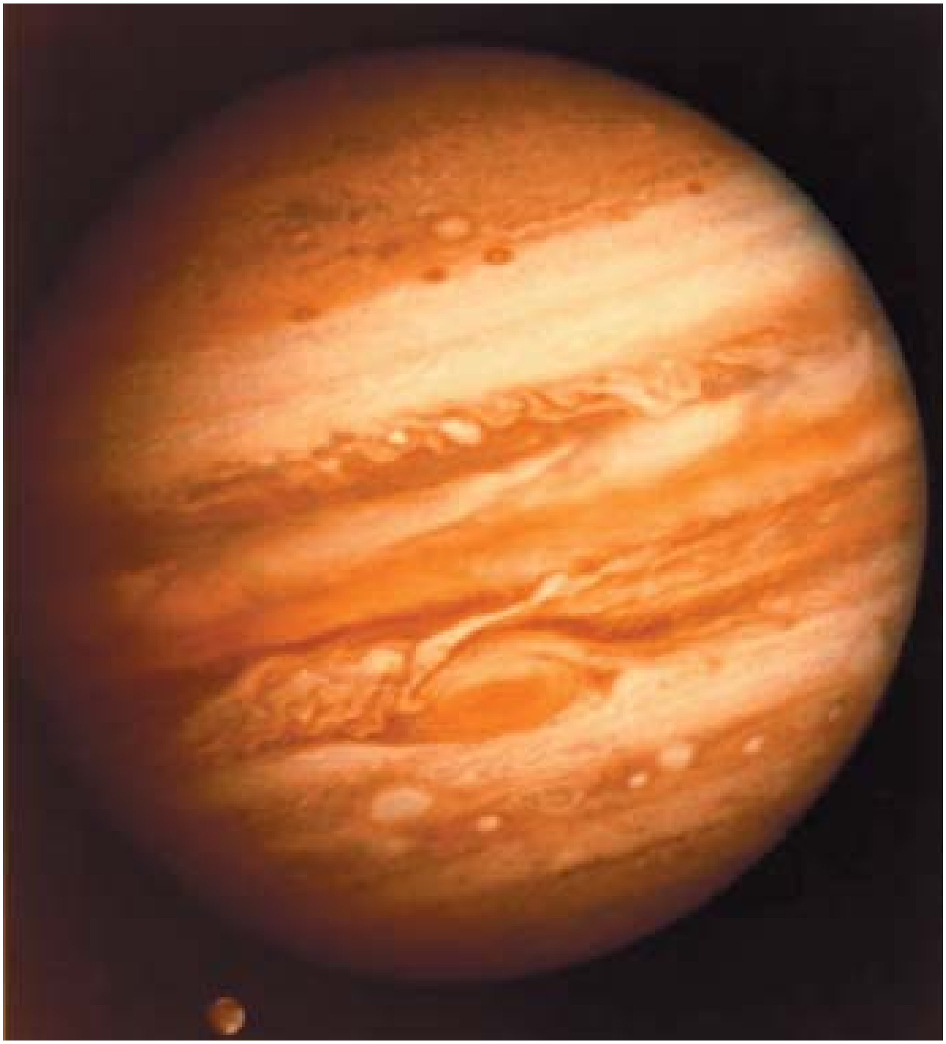


Fig. 4.9 *Jupiter Field*

The largest planet in the solar system with a diameter nine times greater than the earth. Because of its constant light during the night, the Greeks called the planet the supreme god. Giant storms with speeds of 350 km/h, lash the dust from the surface up to 25k.m. high. The atmosphere mainly contains hydrogen. Just like the sun, its composition is 9 parts hydrogen, 1 part helium. Because of its smaller mass, it never self-ignited, keeping its temperatures much lower (between + 25 and – 150°C). The center is about 20,000°C. If its mass was 50 times bigger, we would have had two stars in our solar system creating a completely different environment. Jupiter has 16 satellites.

Saturn



Fig. 4.10 *Saturn Field*

This pale yellow giant looks a little like Jupiter. It has the same 3-layer atmosphere and huge storms (speeds of more than 1500 km/h have been measured). It is surrounded by thousands of rings (containing ice and rocks), making it look like an old gramophone record. The temperatures on its surface are around -150°C. It is the lightest planet in our solar system. If we could drop it in water it would float. Seventeen satellites have been discovered around Saturn.

The Three Trans–Saturnal Planets

Uranus



Fig. 4.11 *Uranus Field*

Uranus is the only planet which lies on its side as it revolves around the sun. It is invisible to the naked eye and was unknown until 1781. The astronomer William Henschel discovered it with the use of a telescope. According to scientific models, the outer layer would consist of hydrogen and helium covering a mantle of fluid frozen methane, ammonia and water. Inside would consist of a stony center of metals and silicate. The temperature would be around – 215 °C. It has a diffuse belt of rings and 15 satellites.

Neptune

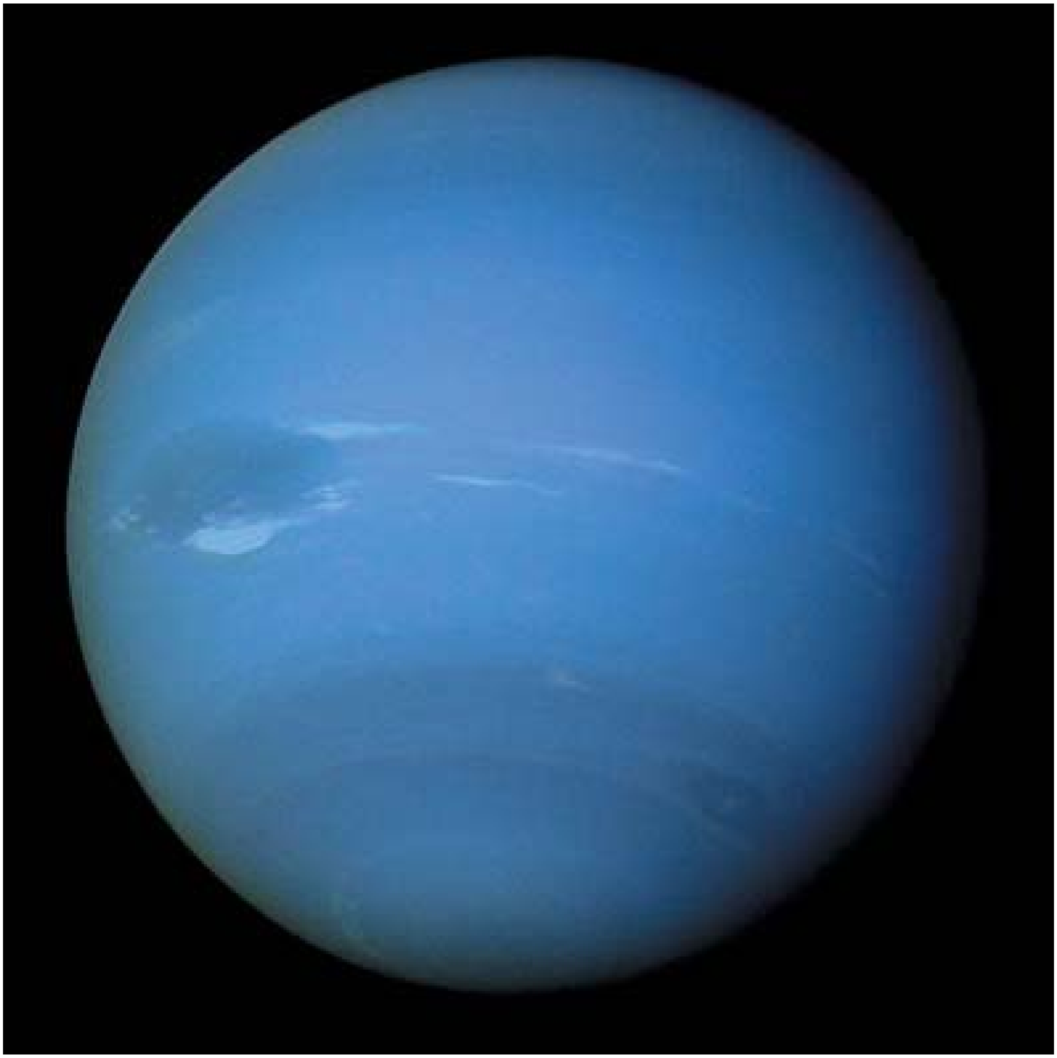


Fig. 4.12 *Neptune Field*

Neptune was first discovered through mathematical calculation before it was ever seen according to the changes in the orbit of Uranus. In 1846, J. Galle discovered Neptune where the mathematicians predicted it to be.

The scientific model developed for Neptune shows a very similar structure and composition to the earth.

Pluto



Fig. 4.13 *Pluto Field*

Clyde Tembough discovered Pluto in 1930. It has an orbit about 6 billion km away from the sun. It has a diameter of about 2300 km (the earth's moon is 3476km) and a mass more than 1/400 of the earth. This frozen stone clump has a thin atmosphere of methane and surface temperatures of – 210 °C. It has an orbital angle of 17°, which is unique in the planetary world. It also has a strong elliptical orbit causing a crossing of the Neptune orbit.

The inner part of the solar system contains four similar, more rocky planets: Mercury, Venus, Earth and Mars. This is followed by an asteroid belt containing millions of irregularly shaped stones. Further out are the four gas/ice giants, Jupiter, Saturn, Uranus and Neptune. Pluto is the farthest planet out in our solar system. It is a very 'small' frozen rock which might previously have been a satellite of Neptune. Many astrologists and astronomers talk about a 10th planet being further out in the solar system. This planet would have a mass twice to five times greater than the earth. This would explain the changes in the orbits of the outer planets. Since Pluto's mass is very small, another planet is probably causing this effect. The angle of the 10th planet's orbit would probably be about 75°.

The planetary field is the central area in our solar system. It is a very little part of the solar system. The cometary field is estimated to be 3850 times bigger than the planetary field. The outer edge our solar system almost touches other solar systems. The nearest solar system is Alpha Centauri. All together these solar systems move around the center of the Milky Way at a speed of 300 km/sec. It takes more than 200 million years to finish a complete cycle around the center of our Milky Way.

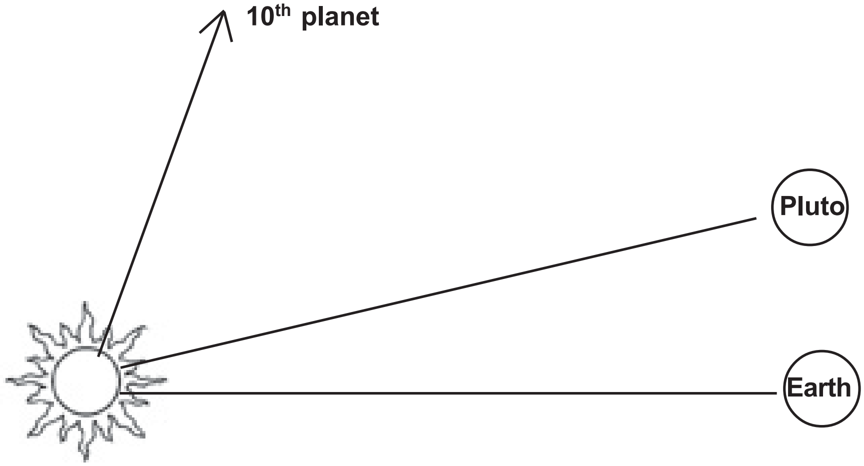


***Fig. 4.14 10th** 'Unnamed' Planet (Chiron), Pluto, Earth and Sun*

It is not accidental that the three outer planets (Uranus, Neptune and Pluto) were only discovered during the last 150 years. As human evolution moves towards the center of the spiral we experience an increasing speed of events (reaching a peak around 2100). This whirlpool of events strongly activates the collective consciousness field. If the body's energy system and the soul connection are not developed, this spiral and the trans-saturnal planets can create a great deal of confusion, exhaustion and mental and emotional imbalance.

But, if we can integrate these forces they will trigger unique human abilities at the level of mind and spirit and the collective social consciousness.

In 1977 a large asteroid like planet was discovered. It has its orbit at its closest point (to the sun) between Saturn and Uranus and at its farthest point far beyond the orbit of Pluto. In this way this planet connects the personal planets with the trans-saturnal planets which are related to the collective consciousness. Astronomers named it Chiron, which is the name of a Greek mythological figure being half-human/half-horse. It is a symbol for healing. Also, since 1977 healing arts have rapidly developed and spread on our planet.

As time goes by, more universal knowledge will be gained, always being connected to related changes in the personal and collective consciousness.

Stars and Galaxies

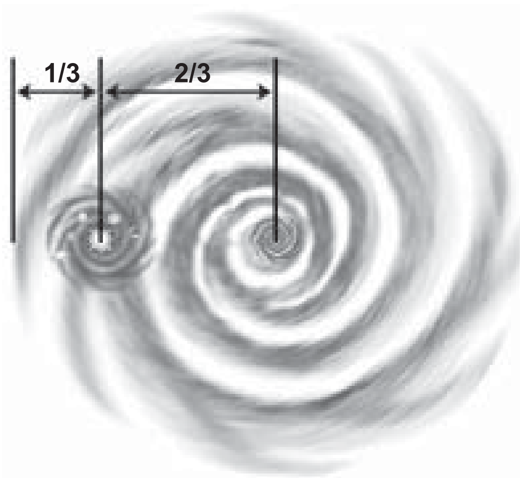
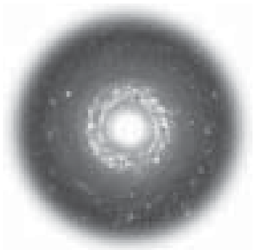


Fig. 4.15 Our Solar System in the Milky Way



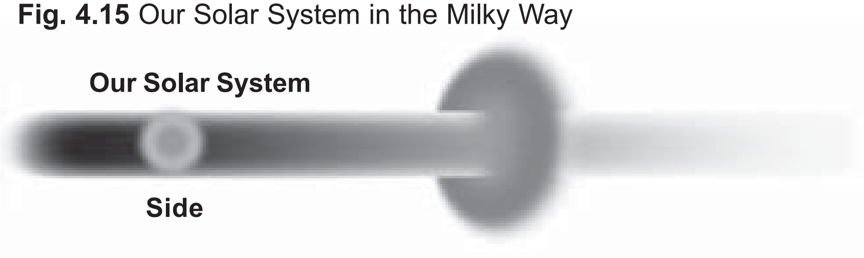


Fig. 4.16 *Shape of the Milky Way*

Images taken recently through the Hubble space telescope show the different stages in the birth process of stars. These pictures show that powerful energy, ultraviolet radiation and high speed gas clouds unleashed by adult stars are triggering the birth of new stars in the surroundings. Ultraviolet light emitted by the neighbor stars energizes the clouds. Inside these huge interstellar gas columns, the density can become so high that gravity takes over and causes the gas cloud to collapse and split into smaller clumps or gas eggs. When compression continues a nuclear fusion will ignite their cores so that they become fledgling stars.

The pressure and temperature in the cloud will rise to a point where nuclear reactions arise. After this point is reached, the star will shine for millions of years. A star like the sun, can live for over 10 billion years. Bigger stars are often burned out after 20 billion years. Generally speaking, we can say that the younger stars have violet/blue colors, the middle aged ones are yellowish, the older ones are red-brown and the oldest are black. As the star ages it might turn into a white dwarf through a lack of fuel, or into a supernova through explosion, or into a black hole through implosion. According to the estimated age of many stars, it is clear that our Milky Way must be over 12 billion years old.

Earth is about 1/3 of the way from the outside border in our galaxy. The galaxy has a diameter of about 100,000 light years and contains about 100 billion stars. The biggest concentration of stars is found in the central area. There are billions of other galaxies in the universe. These galaxies are grouped into clusters and in turn these clusters belong to super clusters. Our galaxy belongs to a group of about 30 other galaxies called "the local group". The closest other big galaxy is the Andromeda nebula. We find this star nebula at a distance of 2,200,000 light years, which means that the pictures we see now were sent out 2.2 million years ago. On a dark clear night, we can see the Andromeda nebula without any binocular or telescope. Some of the stars we are seeing are in fact galaxies composed of billions of stars.

In Taoist astrology the sky is divided in 28 or 64 constellations. Astronomers often use the different distances of the stars in one constellation as proof that there is a connection between the stars in these constellations and in this way they affect the human condition. However, in the unique quality of each constellation, the real distance of the stars is just an aspect that co-creates the magnitude of the star as seen from the earth. The collective angle or direction of influence is what forms the specific group energy and connection between the stars in all constellations.

In the case of Polaris for instance, which is located in the center of the galaxy, it is certainly not the brightest star in the sky.

For the Big Dipper, the five most central stars belong to one star cluster which is at a distance between 59 and 75 light-years (the closest star cluster for us). The outer two stars are at a different distance and move in a different direction.

Different Galactic Forms

There are many different types of galaxies, but they are mostly divided into three main groups.



Fig. 4.17 *Spiral Galaxies*

Spiral galaxies, like the Milky Way, have a central elliptical region filled with many old stars. Around this center there is a sphere of old stars connected with the outer spiral arms, composed of younger stars and regions of gas and dust where stars are still born.

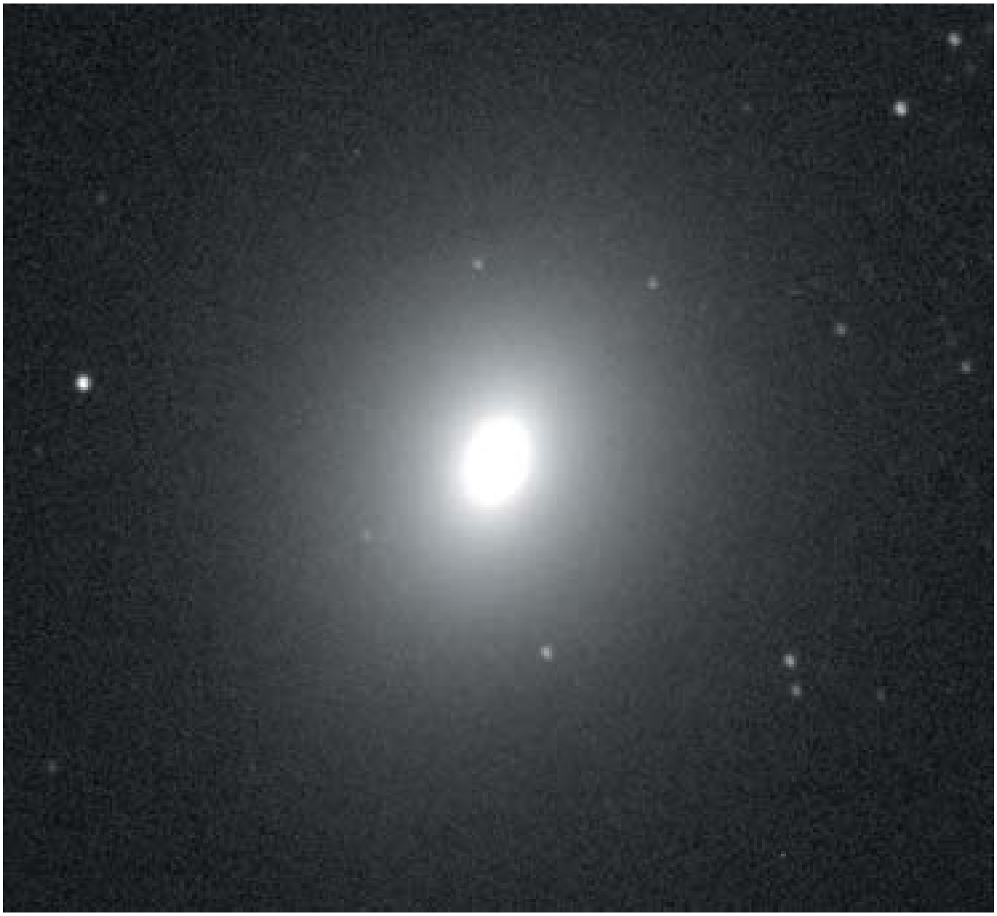


Fig. 4.18 *Elliptical Galaxies*

Elliptical galaxies contain very few young stars or gas and dust. They are mainly composed of older groupings of stars. Few stars are born here.

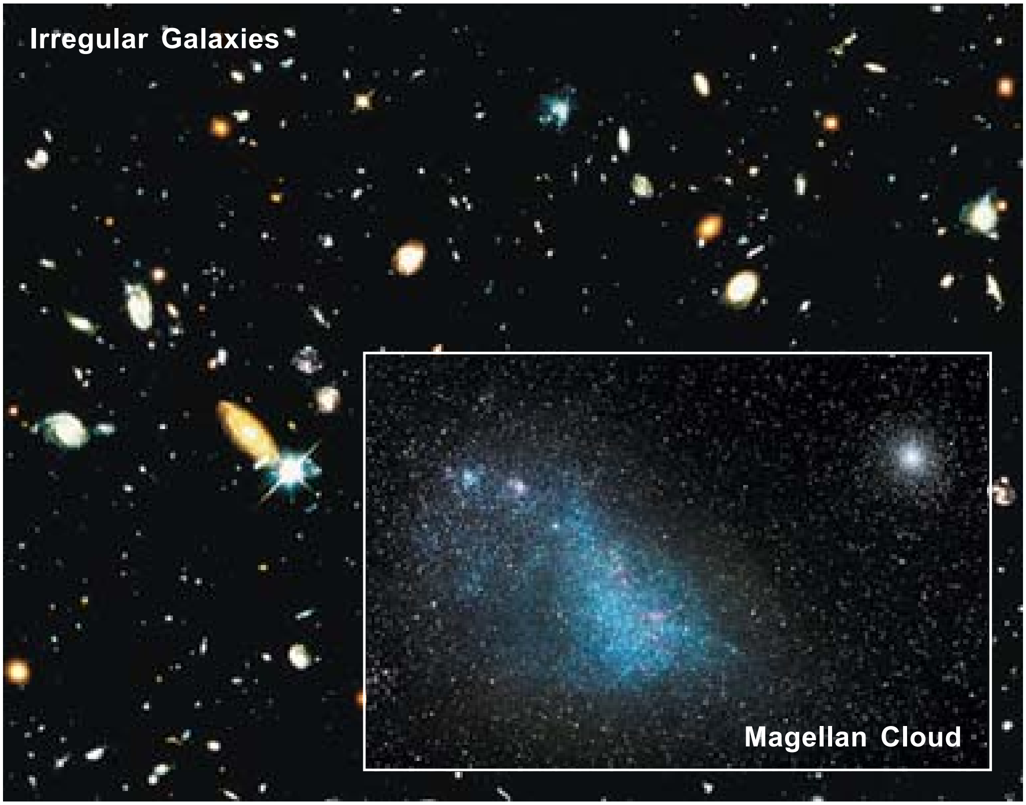


Fig. 4.19 *Irregular Galaxies*

Irregular galaxies without a particular form. One of these is the large Magellan Cloud, the companion of our solar system.

White Dwarfs, Supernovae, Black Holes, Pulsars and Quasars

As a star gets older it might turn into a white dwarf through a lack of fuel. It also can explode and in this way become a supernova, a star that is a bright as about 10 billion suns. The third possibility is implosion into a black hole, a concentration of extreme density and gravity so that according to most scientists no matter, radiation or light can escape from it. Astronomers believe that pulsars are fast rotating neutron stars that radiate light (or sound waves or radioactive waves) through a small beam, so that we can see it every time it is directed towards the earth.

Quasars are the brightest sky objects in the visible universe. They often shine with a brightness of 200 billion suns and are often visible with the bare eye even though they are at a distance of billions of light years.

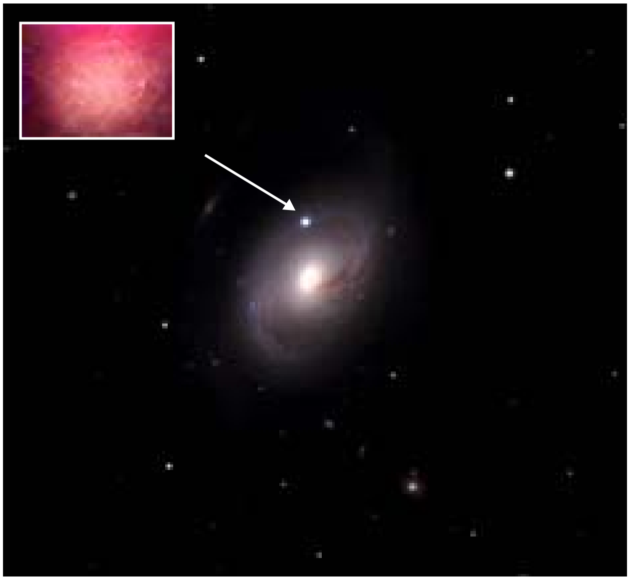


Fig. 4.20 *Supernova*

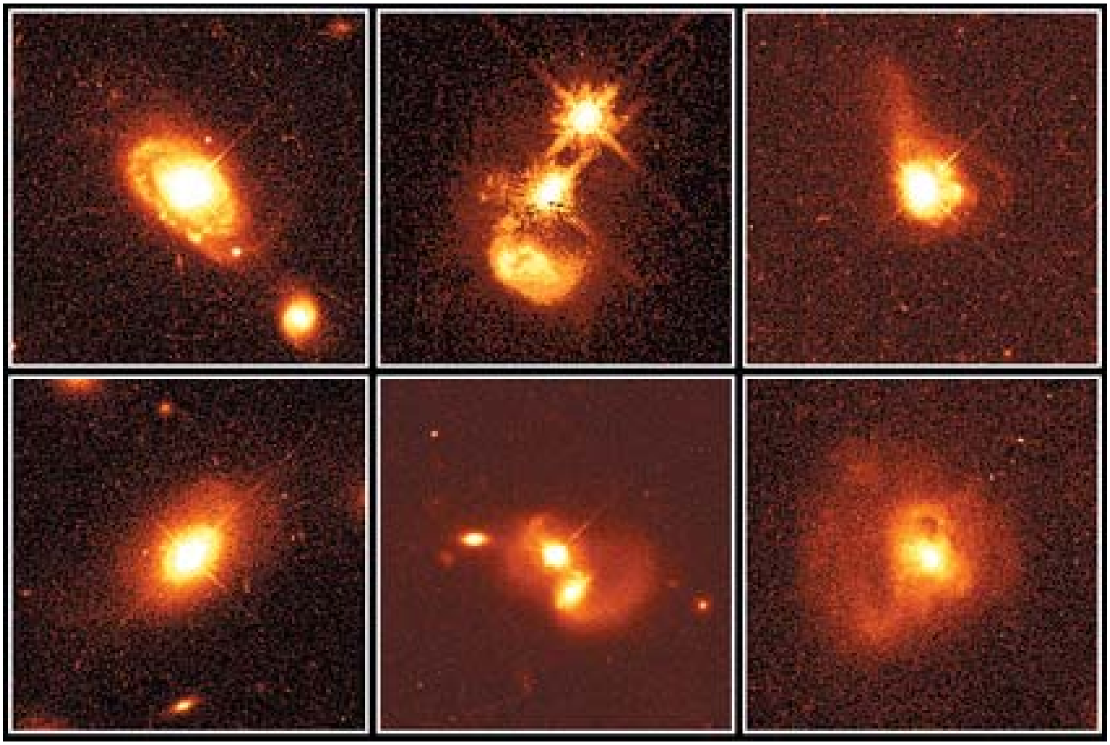


Fig. 4.21 *Quasars*

Chapter V
Taoist Star Practices and their Effect on Human Awareness

North Star and Big Dipper in the Taoist Practices

Ancient practices viewed the stars as having a material manifestation. The manifestation of the stars in brilliance, pulsation and color shows the constant interaction of these two forces. Stars were seen as the embryonic essence but also as a great source of Chi. In the stars we find high concentrations of the vital primal essence. The sun was seen as the fullest form of pure yang energy which then was divided out towards the different stars. Because of their inherent relation to the embryonic essence (like sexual essence in our body), stars were seen as forms of water energy. The expression of bright white light shows the inherent metal energy.

For the Taoists, stars are the places where immortal beings reside. Mostly in the central star palace but also in other locations. Newly born stars demonstrate that a high master has made the transition to heaven. One Han master, Ching Fong, predicted that after his death a new star would show up in Hercules and indeed, a supernova suddenly appeared just after he died.

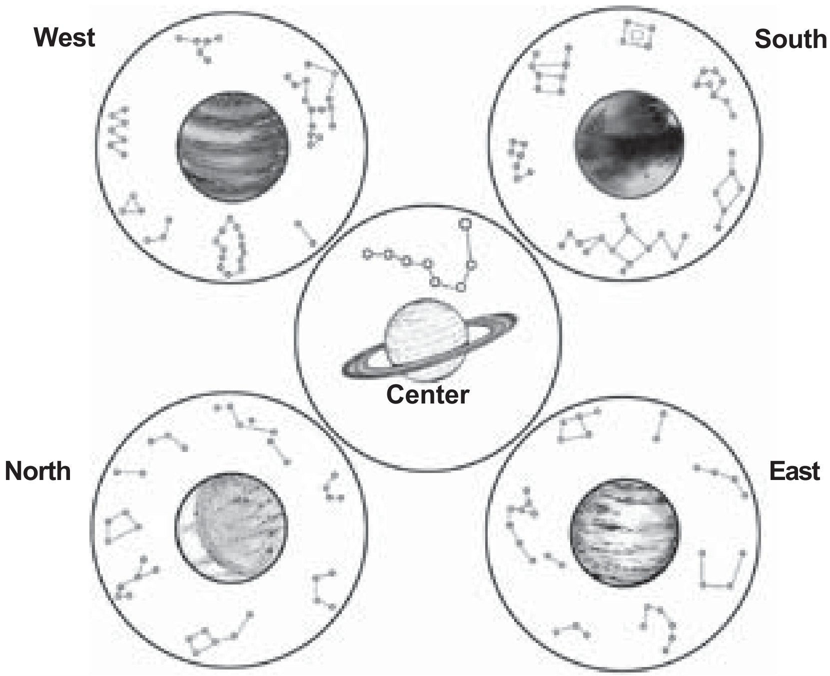


Fig. 5.1 *Five Planets, Directions and Constellations*

The Taoist masters viewed the North Star and Big Dipper as the greatest celestial sources of power. Their supernatural energy was shown by the name “yang luminosity”. The North Star has been used by many enlightened Taoist masters as a gate to the Tao. This North Star gate was used during the meditation practices and finally at the moment of dying. Other spiritual systems use other connection points or gates into the sky.

The Chinese Emperor was seen as a heavenly child. Many stars around the North Star have the name of an Emperor or one of his family members. The great one (Emperor) was often depicted with the Big Dipper in one hand and the North Star in his other hand.

Because of the wobbling of the earth axis in a cycle of 25,800 years, different stars will get aligned over the earth axis. This means that different stars will take the position of the North Star.

In some years ahead there will be a new “North Star”; it will be Vega again. From 1000 to 500 B.C. it was the star Kochab; during the time the Egyptian pyramids were being built it was Dra Thuban; about 13,000 years ago it was Vega (in Lyra). During the Ming Dynasty it was Tian Shu in the Big Dipper. Tian Shu is also the name for ‘ST 25’ the acupuncture point to either side of the umbilicus.

A name that is generally used for Pole stars is Zhong Ji - ‘Center of Heaven’, which means, “The best place in heaven” or Tai Yi “The great one”. Zhong Ji also relates to the acupuncture point ‘CV 3’ and Tai Chi with ‘ST 23’ showing the connection between the body’s meridian system in the Tan Tien area and the Taoist gate to the Universal light. Also the name ‘Pivot of Heaven’ was used. This same name was also used for Dubne, in the Big Dipper. The function of the North Star is to emit the essence, the embryonic energy flow.

The North Star has a close connection to the seven stars of the Big Dipper. The North Star is found at about 5 times the distance of the line projected from 6th and 7th Big Dipper stars. Traditionally the Big Dipper/North Star axis was used to determine the season. The North Star/Big Dipper axis is moving through the four palaces or regulating the four countrysides during the four seasons or one year.

The Dipper is the carriage of the North Star. When the spiritual essence of the Tai Yi spills over, the Dipper lets its essence fall through its seven bright gates of celestial power.



Fig. 5.2 *North Star and Big Dipper connecting with the human body.*

In the Taoist advanced practices the North Star and Big Dipper energies are connected with the differe

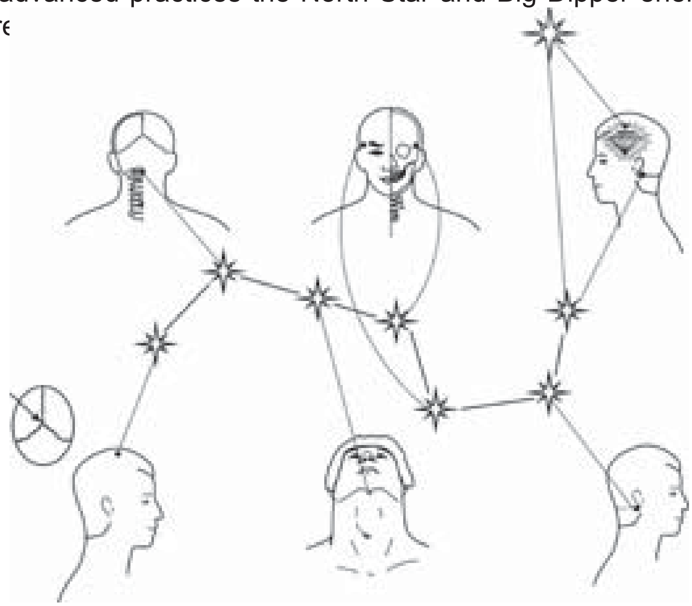


Fig. 5.3 *North Star and Big Dipper connecting with points of the skull.*

In this way the connection with the Universal Light is deeply integrated in the brain and the glands within the skull (Crystal Room/Palace, see Fig 5.5). Each of the stars has a connection with the lower planetary world (five planets, sun and moon) and with the higher vibrational world of the five elements and the pakua. According to the oracle texts of the Han Dynasty, each of the Big Dipper stars has a unique earthly manifestation in the animal and plant kingdom. The seven star principle is not unique to the Big Dipper. It can also be found back in the Pleiades, the Vermilion Bird and other constellations.

In one type of Taoist astrology the numbers 1 to 9 and the 9 energies of the pakua (8 directions and the center) were used as a form of numerology connected to the seven stars of the Big Dipper, Polaris and Vega. Since the star Vega, related to number 1 was known as a star related to destruction, it was not connected to the Crystal Room.

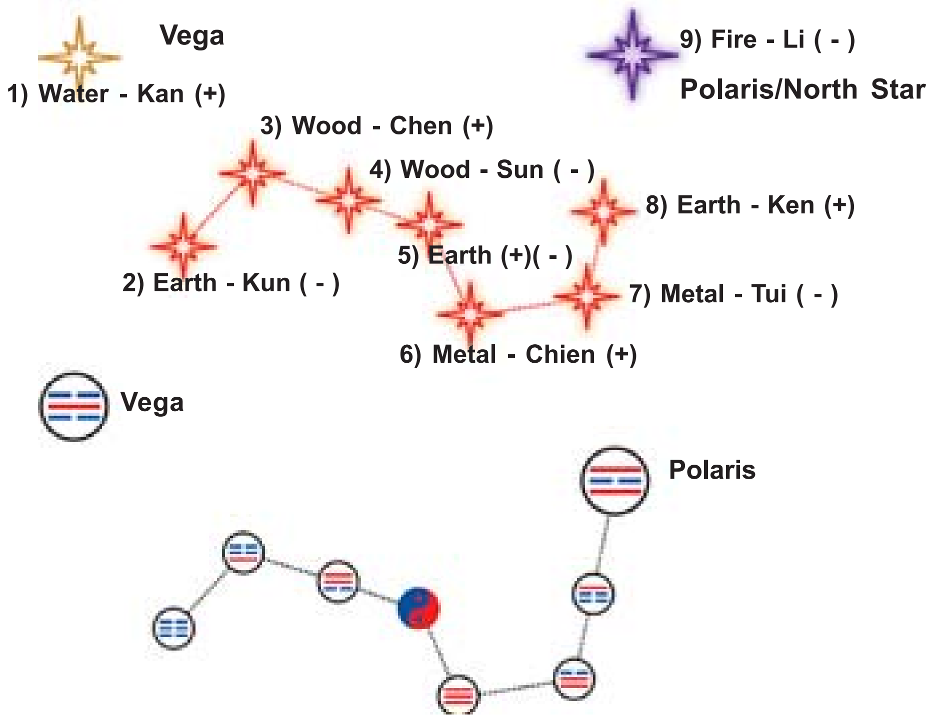


Fig. 5.4 *North Star, Vega, Big Dipper and Five Elements*

In Taoism, the nine stars of the true Dipper are used. There are the seven familiar ones and two hidden or invisible ones. According to one source these stars hold the embryonic essence (Ching) and actualizing spirit (Shen). One T'ang practice which is still used these days in China is the practice through the nine stars of the Dipper while visualizing the star Alcor and holding the breath. Just as the principle of counter planets in Chinese astrology and the modern astronomical theory that quasars and black holes might be functioning together, some Taoists believed that there are nine black stars underlying the nine Big Dipper stars.

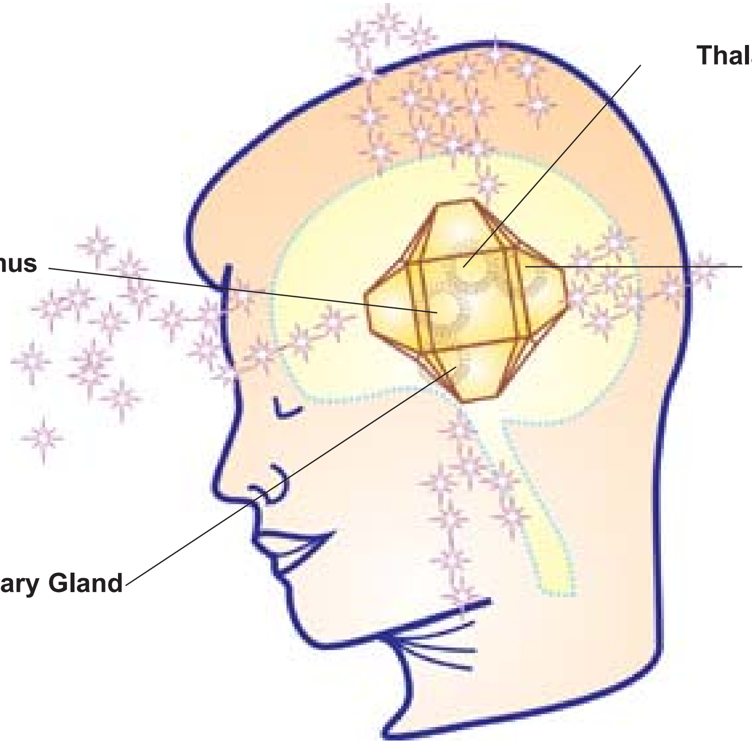


Fig. 5.5 *Crystal Palace*

In the Universal Tao meditation practices, we use the combined energy of the North Star and the Big Dipper to connect with the Universal Light.

The Big Dipper light (red) is absorbed by the thalamus and hypothalamus glands while the North Star (violet) relates to the pineal gland. The pineal gland is our internal compass, while the North Star is our external compass. Taoist masters believed that if the North Star was able to keep all the constellations in orbit, its size and mass would be enormous.

In Taoist cosmology, 28 constellations are ordered around the North Star and the Big Dipper. In each of the 28 days of the moon cycle one of the constellations reaches its maximum influence. The special magnetic field of moon and earth energies combined together, attracts these fine star energies creating a special spiritual condition on our planet.

Besides the 28 constellations around the North Star there are billions of milky ways each with billions of stars in their universe. All these stars have a direct connection with the billions of cells in our body, where at the moment of fertilization and birth a specific position gives you a unique charge and direction in life.

Through meditation practices and by way of integrating new insights and this higher awareness into your daily life, the information from these stars and your personal cells becomes synchronized. This brings you back to your true task in this life, but it also gives you access to the Universal information field. The direct connection with this intelligence will naturally provide you with all the information and life force required for you to fulfill the true life task.



The earth's rotation around its axis creates a strong electromagnetic field. The wobbling of the earth's axis creates different stellar influences with enormous effects on the conditions of our planet.

Fig. 5.6 *Earth's Rotation*

Earth Axis Wobbling and Poleshifts

The earth has three movements: it rotates around the sun (one year); it rotates around its own axis (one day); and the axis wobbles. The projection of the earth's axis to the north creates a circular form between Vega and Polaris. There is a strong electromagnetic belt around the earth because of the rotational force. This belt is strongest around the equator and weakest at the poles. The South Pole is directed towards the center of the Milky Way while the North Pole is directed towards the outside of the Milky Way.

For this reason the energy that comes through the North Pole is clearer and more subtle than the one which comes in from the South Pole. The northern sky is governed by the energy of the North Star and its 28 constellations and is considered richer in terms of star and galactic energies.

The wobbling movement of the axis of the earth has a strong effect on human civilization and the quality of life on earth. It takes 25,800 years for the earth to make a full 360° movement around its axis. The strongest activation of energy occurs when the axis is directed straight towards Polaris (the North Star at the turn of the millennium).

Around the year 2,102 the North Star will be in perfect line with the earth axis. This will highly increase the influence of spiritual energy on our planet.

The galactic year: Movement of our solar system around the center of the Milky Way. Speed 300 km/sec, 230 million years to make a complete cycle.

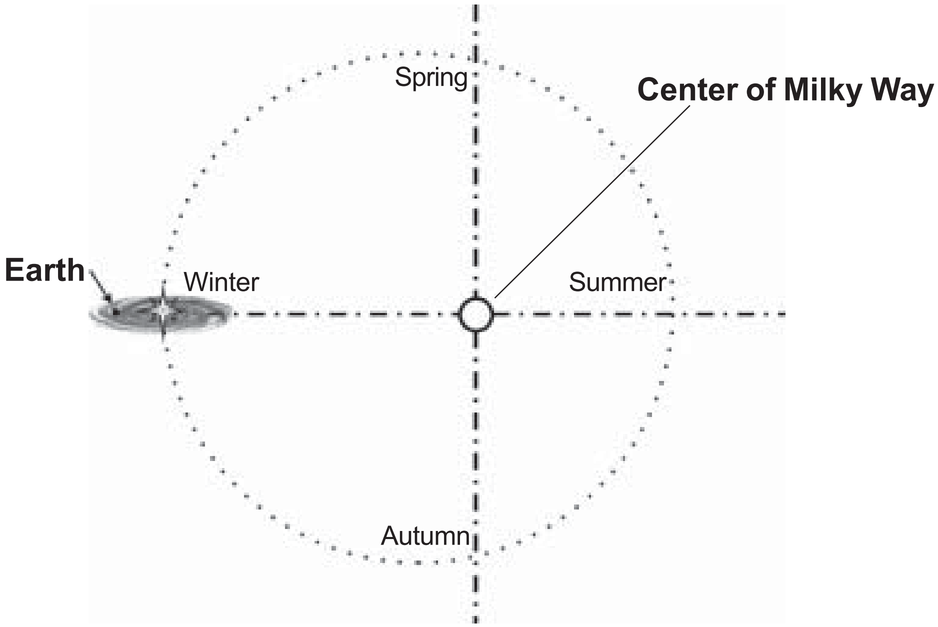


Fig. 5.7 *Galactic Year (230 Million Years)*

During the 230 million years (a galactic year) it takes our solar system to orbit the center of the Milky Way, it will be located at different distances from this center, which will create varying gravitational conditions in the solar system and on our planet.

The energy of Polaris is the yang energy from heaven related to the Governing Vessel. The energy of Vega is the yin energy from heaven related to the Conception Vessel.

During a 25,800 year cycle, the period of Polaris was traditionally seen as the light period. There was a flourishing spiritual life on earth and a period of happiness and good luck. The period of Vega (12,900 years later) is seen as the arrival of the dark period with destruction of society and a low spiritual level on our planet.

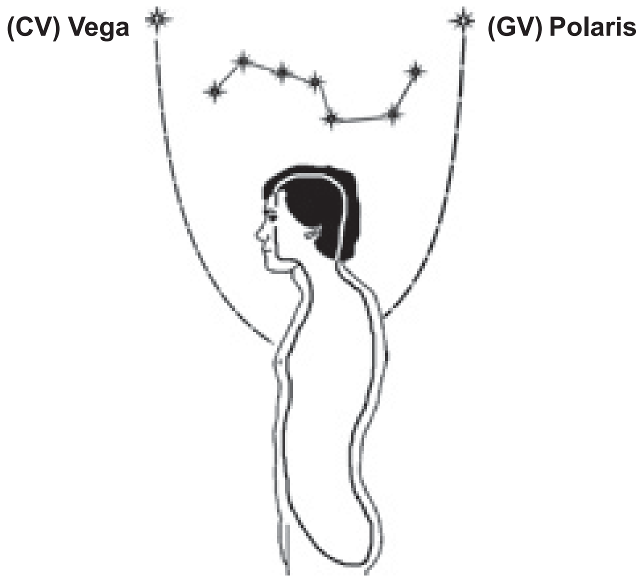


Fig. 5.8 *Nine Stars and Governing and Conception Vessels*

When Polaris is above the earth axis the Crystal Room Governing Vessel receives information and transfers it to the Conception Vessel where it is integrated. When Vega is above our earth axis, the energy is directly absorbed into the lower centers without the spiritual/universal connection. The result is isolation, arrogance and destruction.

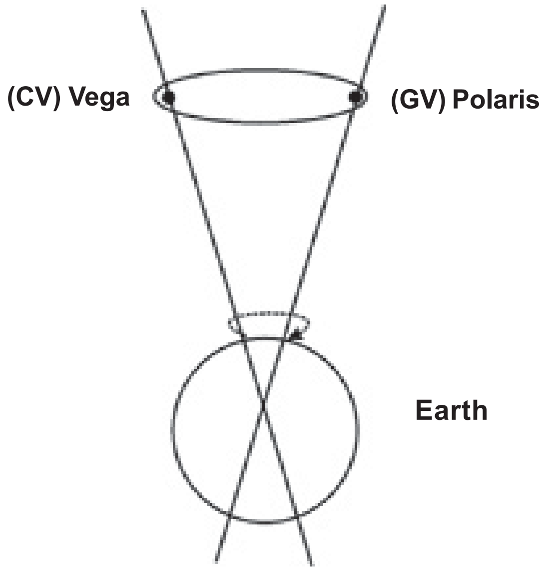


Fig. 5.9 *Pole Shifts*

Pole Shifts: The rotational force of the earth creates a centrifugal force. When this expanding force reaches a peak, an axis shift occurs. If we roll an egg away from us, at a certain point it starts wobbling and than suddenly flips over, creating another axis and new poles. According to some sources many of these pole shifts have occurred on earth. These shifts happen in a few days, creating giant shifts of the water and land and the death of millions of humans and animals. In different civilizations these shifts and floods have been known and described.

Although scientists do not agree, some believe that the famous sphinx from Giza in Egypt must have been built long before Pharaoh Chefren 2,700 B.C. The sphinx is the biggest one piece statue on earth. The famous Egyptologist, Schwaller de Lubicz, thinks that the erosion on the head of the sphinx could only have been caused by water. Around 15,000 BC the last ice age must have been at its peak. The big floods caused by the melting ice caps all happened between 10,000 and 12,000 B.C. As we explained before, these floods were caused by earth axis shifts under influence of the North Star of that time: Vega.

This data suggests that the sphinx might have come from a civilization of more than 12,000 years ago. This would also explain the mystery of Egyptian culture in many areas. Although the pyramids were built with an unknown skill and technology, the Egyptologist Borchardt states that at that time the Egyptian culture was certainly not yet highly advanced. Structures were probably built on the fragments of a lost civilization. Study of sediment in paleo-climatological research has shown that severe flooding must have occurred around 12,000 years ago. Many books from around the world speak of the lost civilization of Atlantis. It is believed to have been swallowed by the sea because of a great deluge about 12,000 years ago. Atlanteans knew of the impending destruction and sent out groups to other continents. Perhaps these emissaries from "lost Atlantis" were responsible for the spiritually advanced cultures that followed. There are other theories relating to the link between these ancient civilizations and extraterrestrial life; most notably between the Egyptian pyramids, spinning disk technology and life on Mars. Taoist masters were not alone in recognizing the 25,800 year earth axis wobble and polar shifts.



Fig. 5.10 *Sphinx and Great Pyramid in Giza, Egypt.*

As previously discussed there are many different influences affecting us at the same time. All of these influences have a unique rhythm. It is the concentration of all these rhythms, influences and positions that create a unique Universal condition at every moment of our lives. Another strong influence on human awareness is the Photon Belt. A field that our planet is slowly arriving into now. Satellites discovered the Photon Belt in 1961. Photons are very small light particles of electromagnetic energy, without mass and electrical charge and of an undefinable life span. These photons are in our atmosphere all the time but their number is gradually increasing because our planet is traveling through the Photon Belt for greater periods of time every year. From the year 2013, we will be constantly surrounded and immersed by these photons for a period of about 2000 years. The activity of the North Star and of the Photon Belt represents a unique spiritual possibility to all of us. The North American Indians, the Mayans, Tibetans and the Egyptians were amongst the ancient cultures that were quite aware of the age of light which would begin at the start of the 21st century.

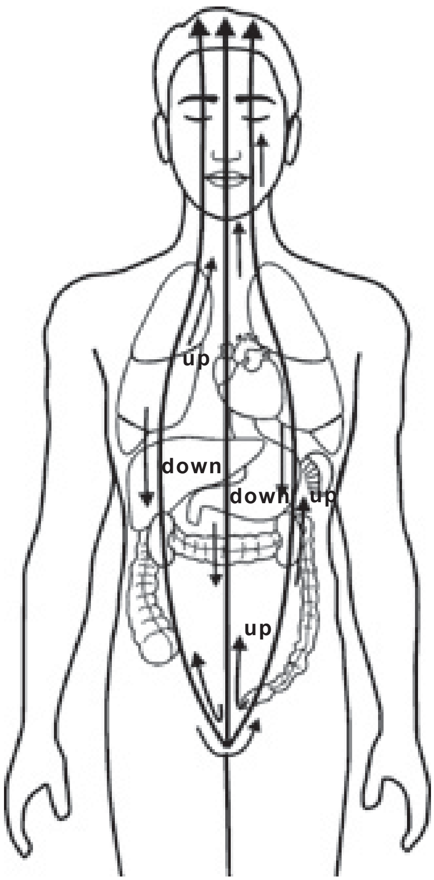


Fig. 5.11 *Three Thrusting Channels: Chi Energy can flow up or down.*

Universal Tao Practices that connect you with the unique Universal Conditions

The strong Polaris energy, which carries the information of all the stars of the northern sky, will shine straight down into the crown. It has a direct connection with the thrusting channels. These channels run through the central part of the body between the crown and the perineum.

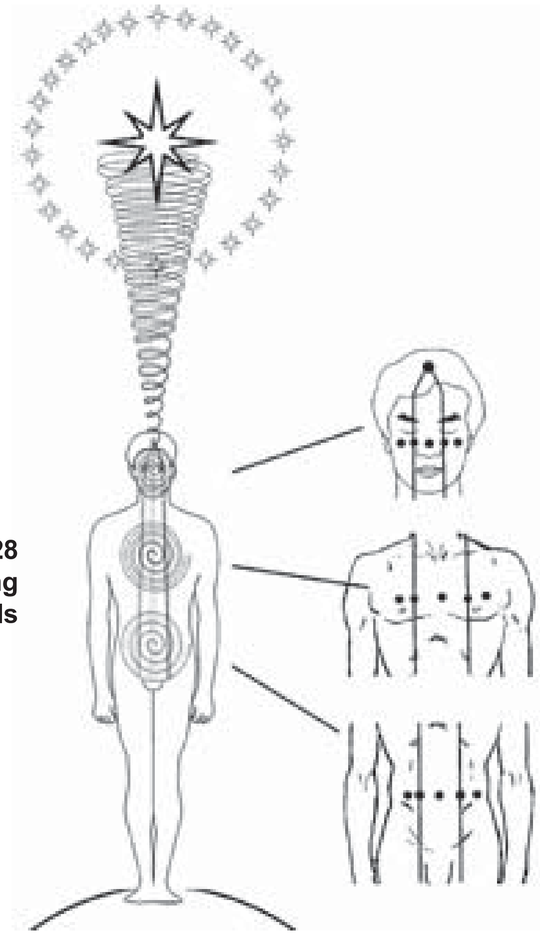


Fig. 5.12 *Polaris Energy connecting with Three Tan Tiens and Thrusting Channels*

There are Three Thrusting Channels: one central, one left and one right. They create left/right balance and a direct vertical connection between all the important organs. The influence of this spiritual activation is already quite apparent in present human behavior and interest. More and more people are attracted to meditation, spirituality and self-development. In the next century, their number and the depth of their spiritual growth will certainly increase.

Another clear sign that humanity is quickly moving towards a new phase in its evolution and into a new direction is the fact that many things in society are changing at a dazzling speed. More than any time before in human history, the pace of life has quickened; many people feel highly pressured and confused, as they desperately try to keep up with the changes in all dimensions of social life and social realities, with encompassing changes occurring in such domains as science and technology, family ties, communications and security. Many people experience this whirlpool of change as a direct challenge to their currently weak condition and as a major reason for loss of energy.

The arrival of the light period in connection with the North Star activation must be seen as a possibility we have to fill in ourselves and not as a gift that will be automatically delivered to our home.

Although the transformation of energy is in principle available to everybody, our overall condition and the direction of our focus will greatly determine the level of integrating the newly arising condition of energy in the universe.

It is important to remember that health and freedom greatly depend on our ability to follow and integrate these universal changes. In the same way as an amoebae opens and closes and the heart expands and contracts, human evolution goes through phases (every 25,800 years) in which it flourishes and enters into decline. These phases are dictated by the earth's axis in the northern sky.

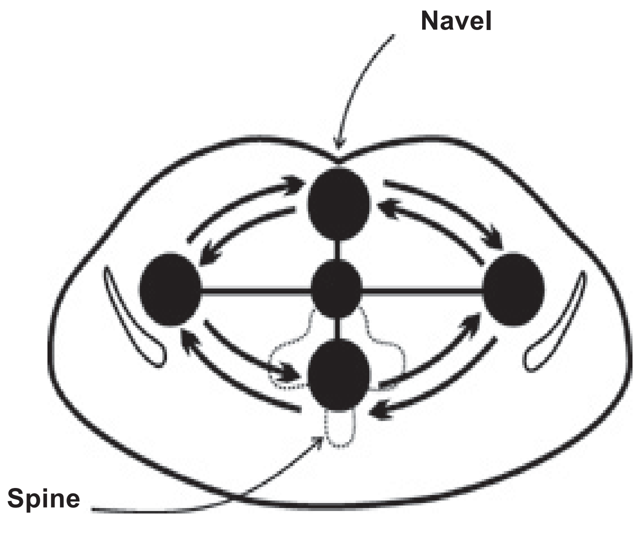


Fig. 5.13
Belt and Thrusting Channels at the Level of the Navel (Lower Tan Tien):
These Energy Channels run throughout the Body
and are Interconnected by Circular Horizontal Energy Bridges.

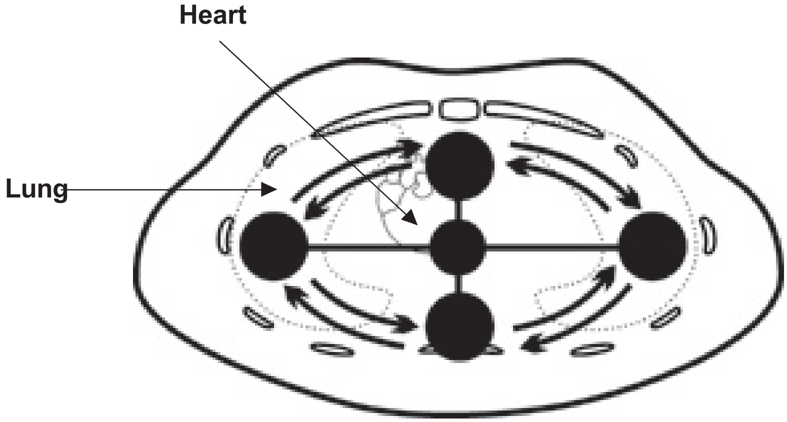


Fig. 5.14 *Belt and Thrusting Channels at the Level of the Heart (Middle Tan Tien)*

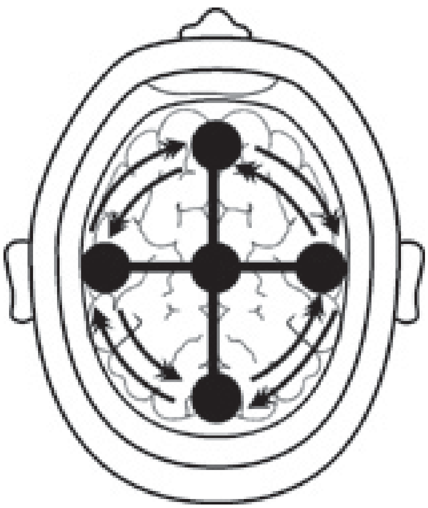


Fig. 5.15 *Belt and Thrusting Channels at the Level of the Crown (Upper Tan Tien)*

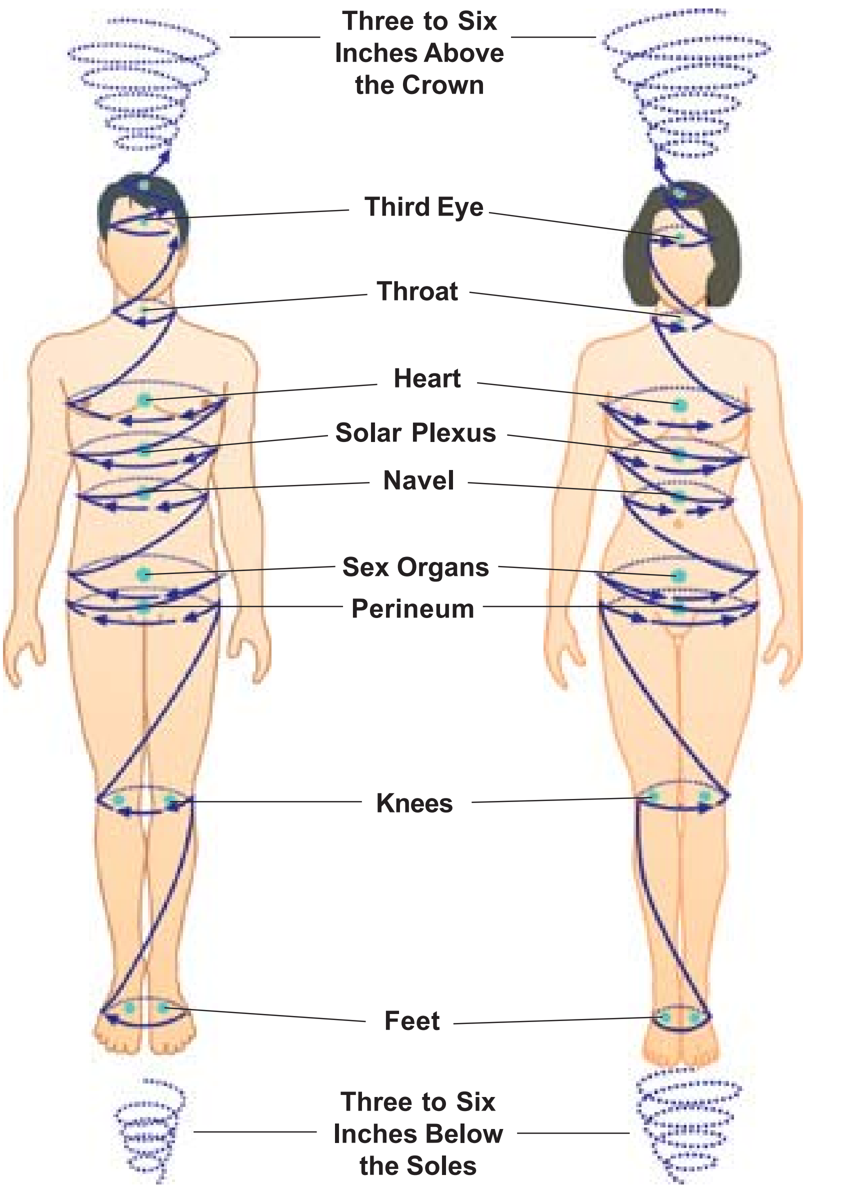


Fig. 5.16 Belt Channels

Practicing the Universal Tao techniques which will align you with this unique situation in the universe will open several spiritual channels.The first step in this process is the open-

ing of the Microcosmic Orbit (MCO). This is a channel directly connected to all the orbits in the universe reaching to the source. If this channel is open the information from the universe can be easily picked up and integrated. As you can see in Fig. 5.18, there are many different points on the MCO which need to be opened and connected.

These points are directly connected with the Tan Tiens (front and back) and with the points where the Tan Tiens are connected with each other and with the environment. As Fig. 5.18 shows, the MCO points, the Tan Tiens and the chakras (as they are known in the Hindu tradition) actually have the same location.

When the MCO opens and connects with the Tan Tiens, the Thrusting Channels will also start to open up. This enhances the heaven/earth connection, and energizes and detoxifies the body. Then all the five channels (the front and back channels and the three thrusting channels) connect with the Belt Channels. These are horizontal circular channels, which conserve and protect your life force. When these channels are open and connected, your energy level and your healing capacity will greatly increase. The Belt Channels connect Conception/Governing Vessels and Left/Right Thrusting Channels.

By activating the Tan Tiens and fusing the energy into one 'pearl' in the Tan Tien, the dualistic experience of time in a manifested past and a vibrational future diminishes and finally dissolves into one infinite experience of now.

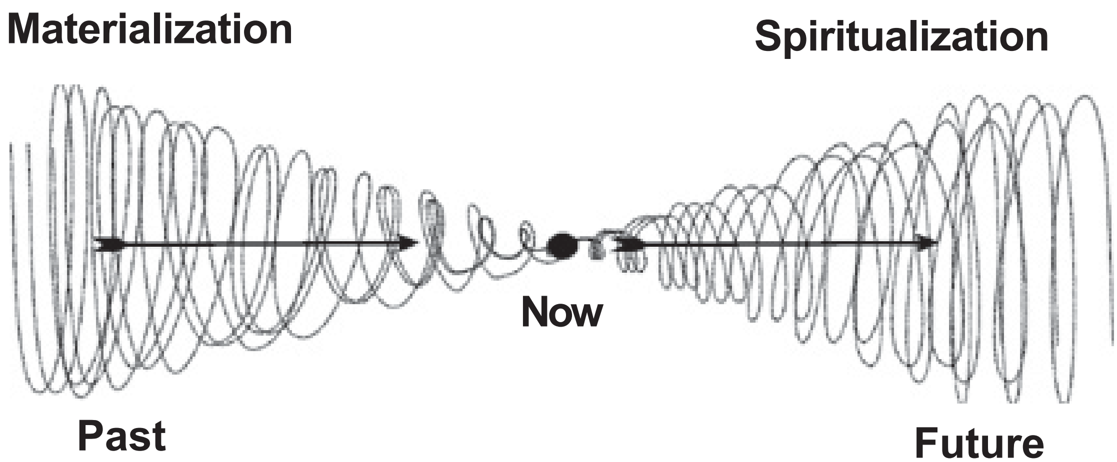


Fig. 5.17 *Human Evolution*

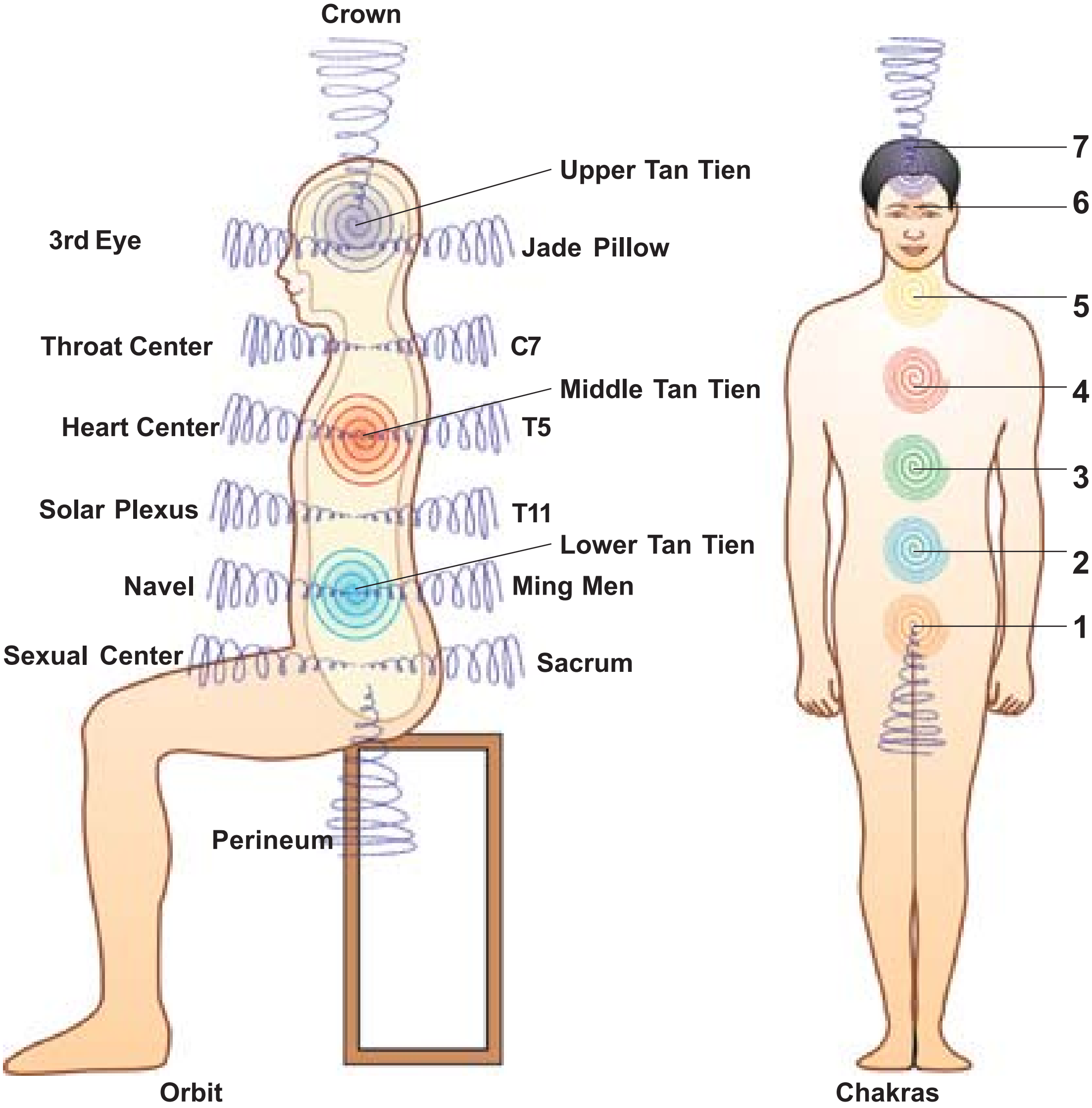


Fig. 5.18 *Microcosmic Orbit - Tan Tiens - Chakra Comparison*

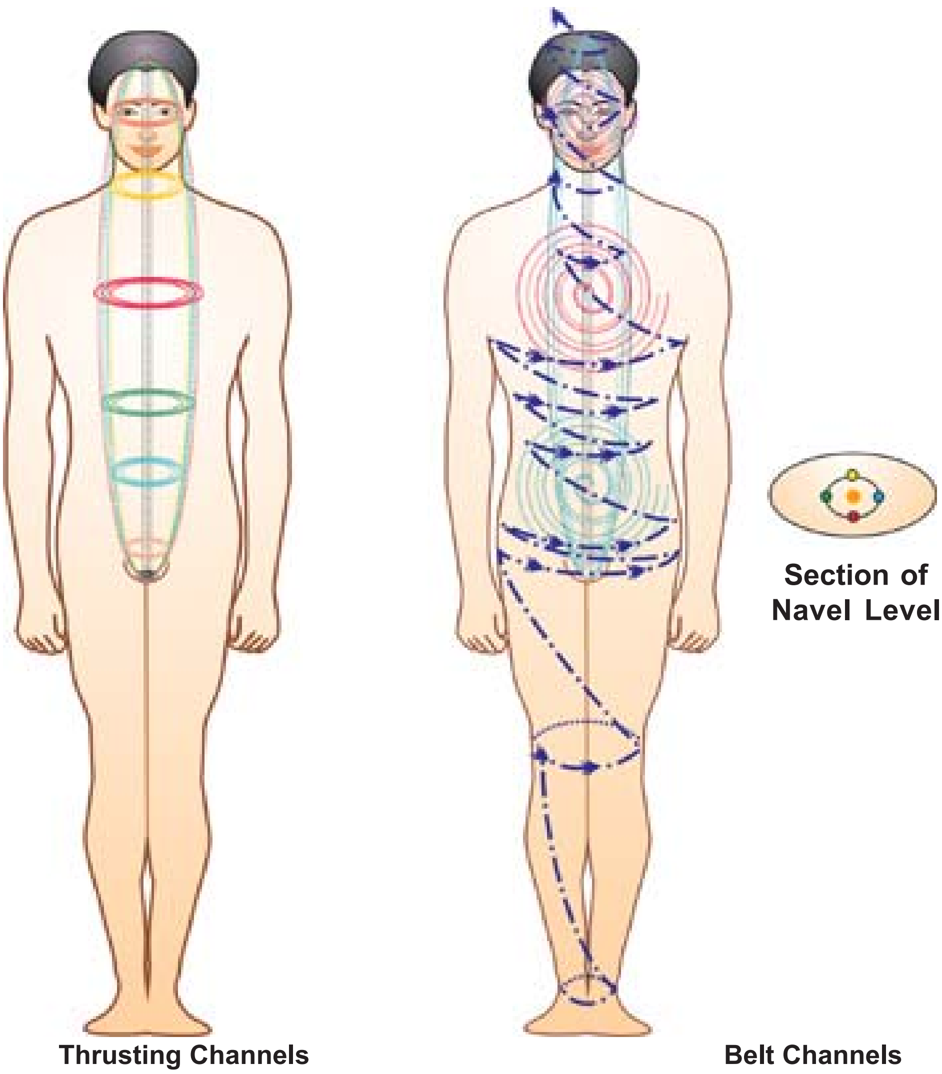


Fig. 5.19 *Microcosmic Orbit, Three Tan Tiens, Thrusting Channels, Belt Channels, Tan Tien Comparison.*

Chapter VI
Development of Humanity

Simultaneous Development of Humanity and the Universe

Our planet started its materialization process about 4.5 to 5 billion years ago. After the formation of a dense core and a protective atmosphere, the whole planet was covered with water. In this ancient sea, life emerged about 3.2 billion years ago, in its most primitive forms; viruses and bacteria. This, of course, is not when life began in the universe. We, in our true immortal state, are pure life and intelligence in human form. But around that time we began to manifest in physical existence.

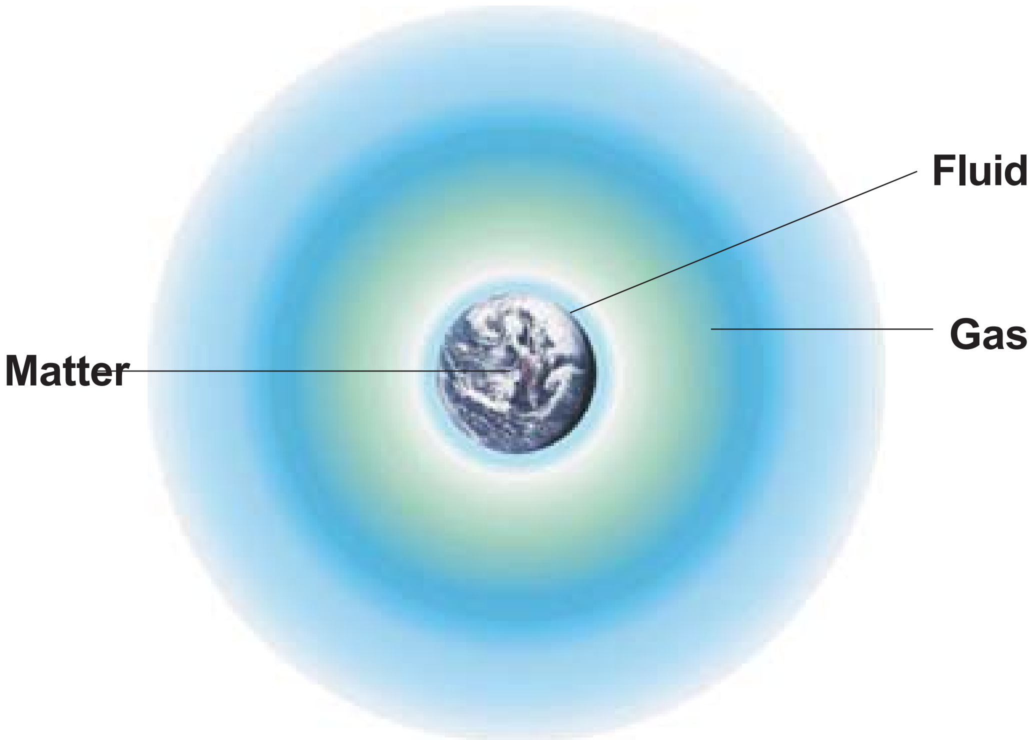
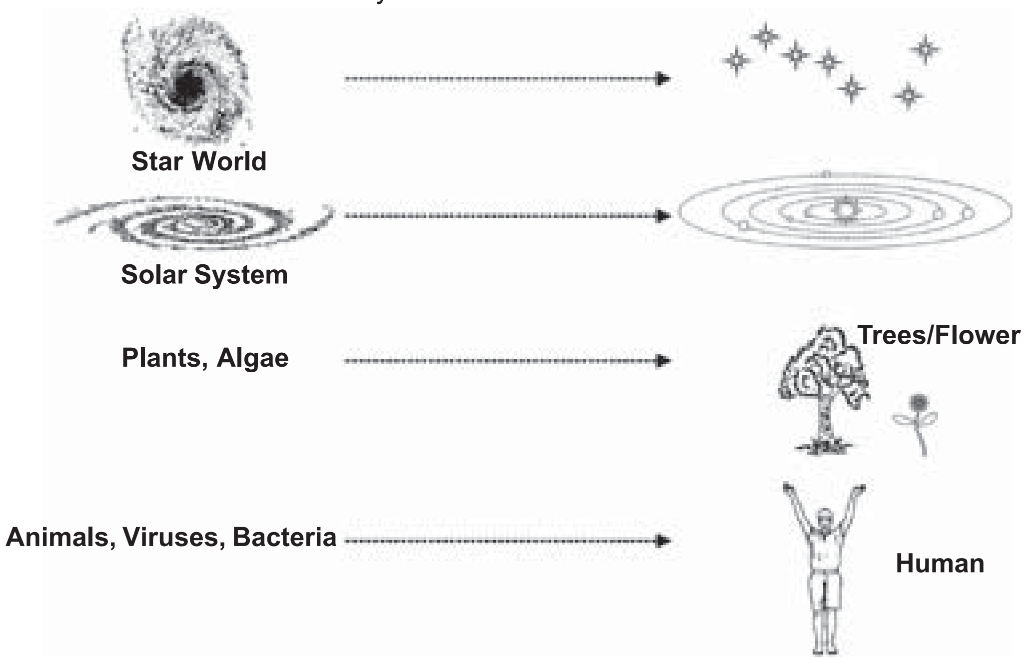


Fig. 6.1 *Materialization of Planet Earth*

The intelligence that materializes/manifests in the visible world and dematerializes/disappears in other dimensions is one and the same (omnipresent). When the solar system and the Milky Way developed further and became more structured, life on earth developed simultaneously. When the solar system started to form, the Milky Way had already been in existence for billions of years.



The formation of the solar system and humanity is due to a contracting/materializing force or spiral. This spiral crystallizes energetic laws and Chi causing the formation of our solar system and the earth. The unique earthly atmosphere has attracted life with humanity as its highest manifestation. Cosmic dust and particles gather and form elements around the already energetic (present in the world of law and Chi) human structure.

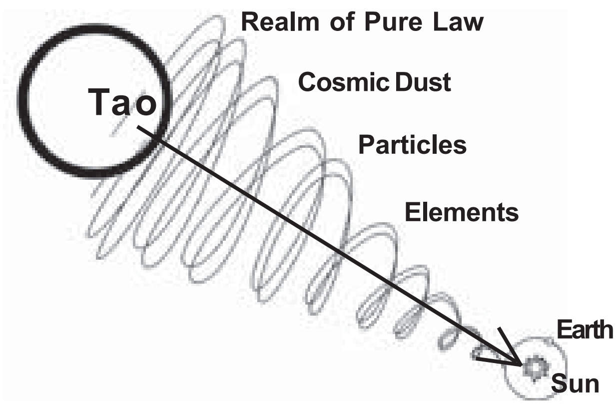


Fig. 6.3 *Humanity's Materializing Process*

Humankind in the Solar System

The human form can be seen in the solar system if we look at the deforming electromagnetic field of the earth, caused by the solar wind. This causes a flattening on the sunny side and an enlarging on the dark side of the field. An electromagnetic field is caused by the rotation around the earth's axis. In Figure 6.4, the earth would be at the place of the throat center. This center is seen as a center of expression but also of growth and the place where our two bodies (trunk and head) are fused. In an upright position on the earth, the body grows downwards and the head upwards from the throat.

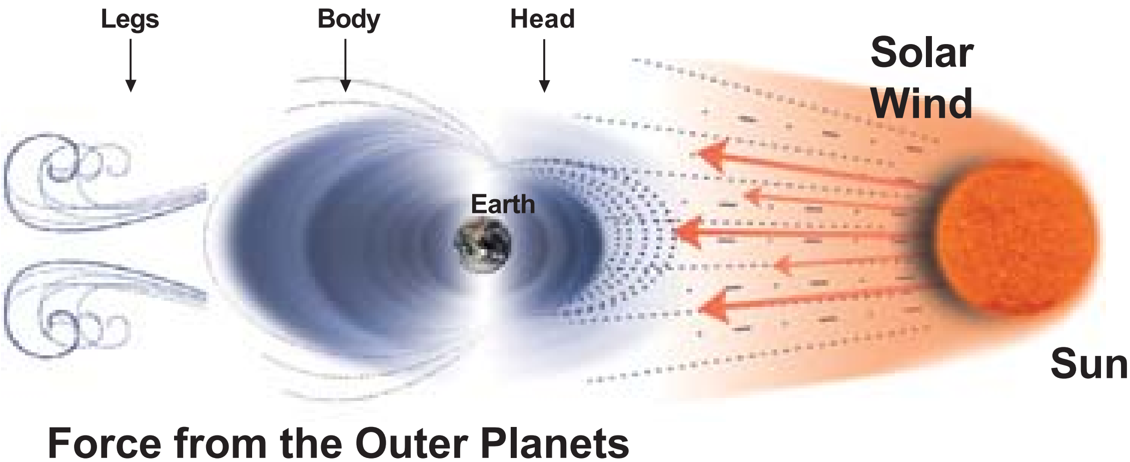


Fig. 6.4 *Solar Wind - Earth - Human Body*

The earth and heaven forces are in a balance of about 1:7. The earth is creating the rising force or the formation of the head. The heaven is the descending force or the formation of the body. This is according to growth and development. If we look at the energetic functions of the head and the body, the head would be the heaven force center, the lower body would be the earth force center.

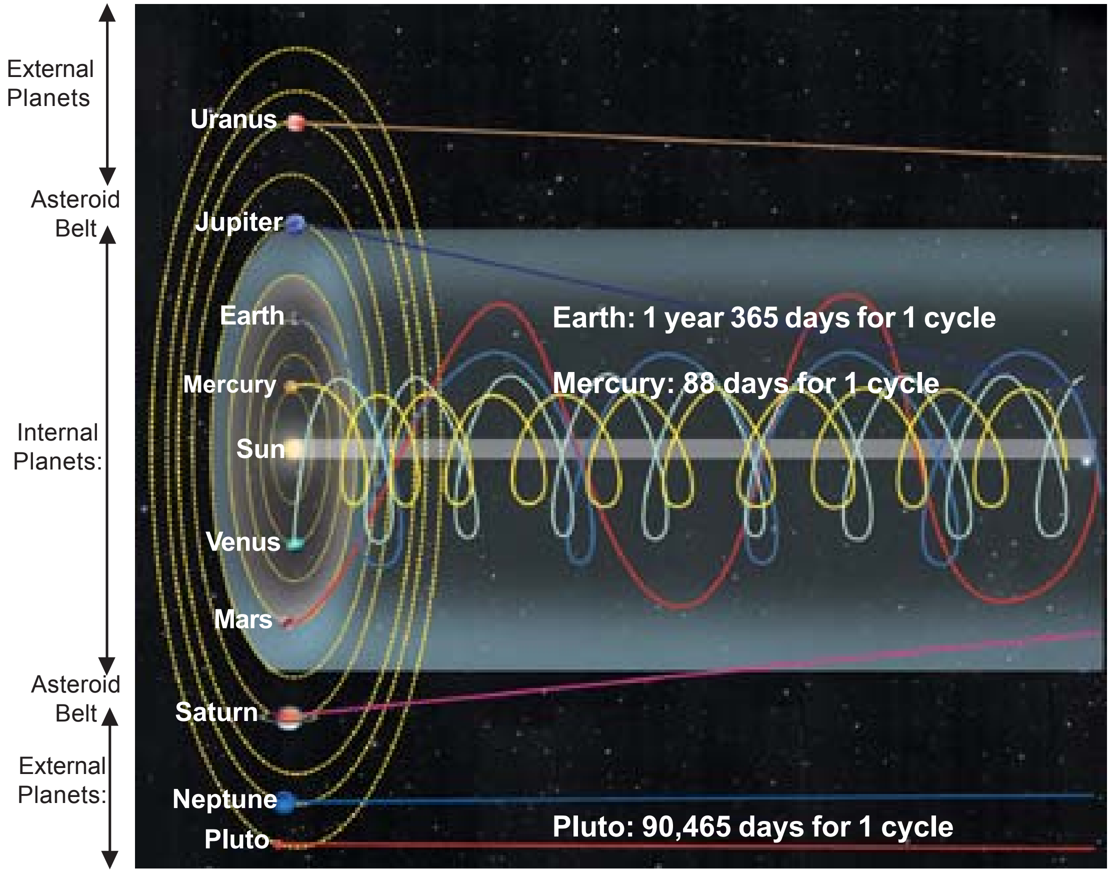


Fig. 6.5 *Movement of the Solar System through Space.*

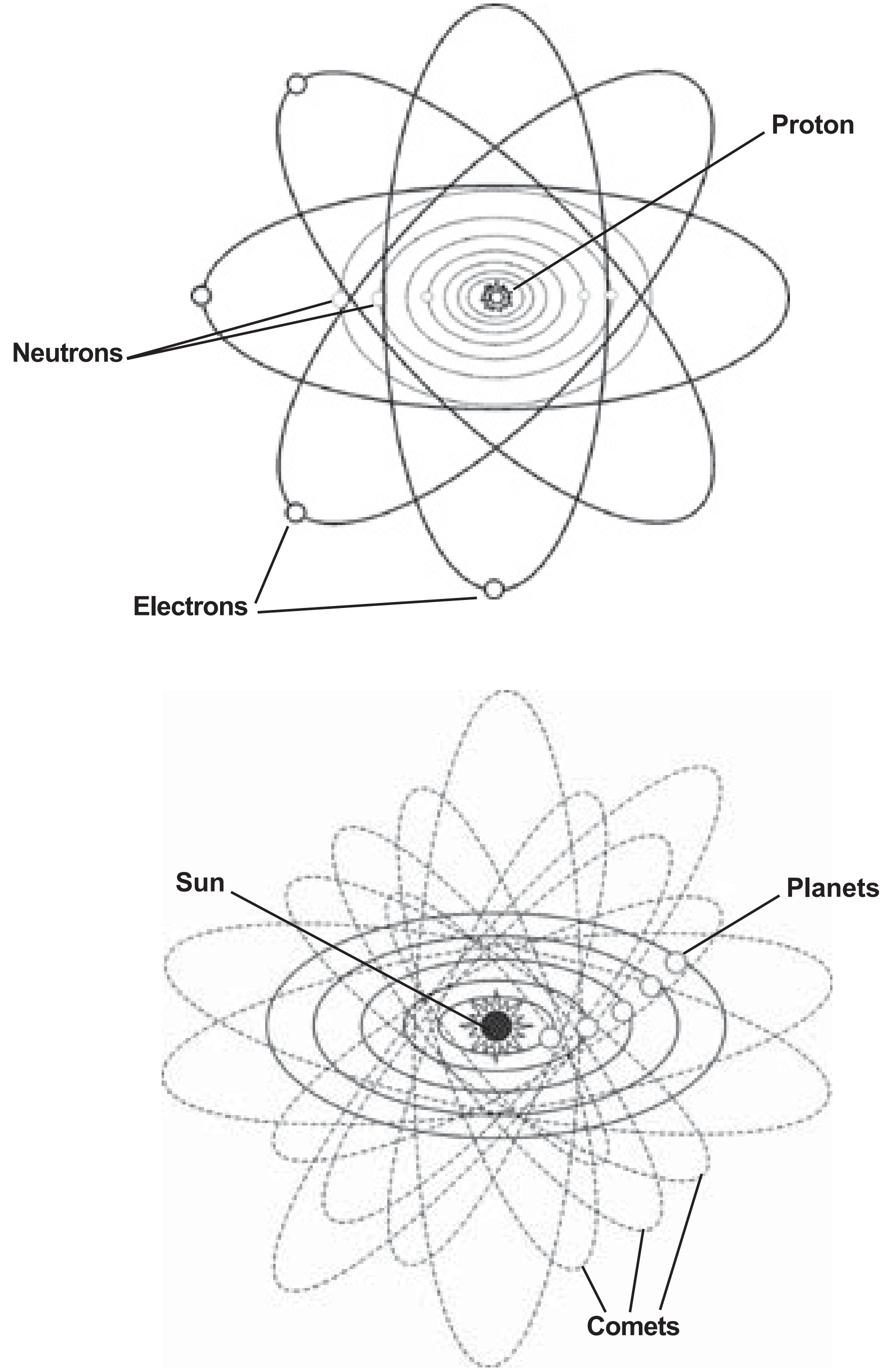


Fig 6.6 *Atomic Structure and Solar System Structure*

Comparison between Milky Way/Solar System and Human Cells/DNA Structure

If we look at the paths the sun and the planets are making, as they move around the center of the Milky Way, we observe a very interesting spiral structure. Because of the increasing rotation of the planets as we move outward through the solar system, the spiral structure becomes larger from Mercury to Pluto (rotation time for Mercury: 88 days, Pluto: 90,465 days).

The long stretched spiral shows a similarity to a DNA structure. These structures belong to the most fundamental building blocks of the body cells and also contain a complicated transmitter and receiver system that pick up the continuous changes in the solar system, the Milky Way and the vibrational world.

If we compare the form of the spiraling Milky Way and DNA seen below, the shape becomes even more similar.



Fig. 6.7 *DNA Double Helix*

The structure of the solar system is found to be very similar to the structure of an atom (See fig. 6.6). The sun and the planets represent the nucleus of the atom, the sun with a positive charge and the planets a balancing charge. The sun would be the proton and the planets the neutrons. The comets of the solar system are comparable with the electrons of an atom, carrying a negative charge. There’s a striking relationship between the I Ching and the genetic structure, with the number 64 as the central aspect, illustrating the relationship between spiritual laws and genetic structure.

Energetic Embryology

The original unity of man and woman is symbolically seen in the Tai Chi Symbol. The yin and yang in perfect balance together. One stage before this they were still one indistinguishable entity; the Wu Chi state. The energy of man and woman also originates from this oneness. This state is still deeply inherent in all our body cells. So, before the egg and sperm physically fused, man and woman united on a vibrational level. The original oneness literally draws the egg and sperm together.

A recent research project found that in at least 85% of the cases, women were unconsciously acting on a deep drive to fertilize an egg. Something inside of them decides that now is the time. This strong desire then intuitively triggers the attention of the man. This shows the interaction of the karmic charge in the soul and the individual awareness field of human beings.

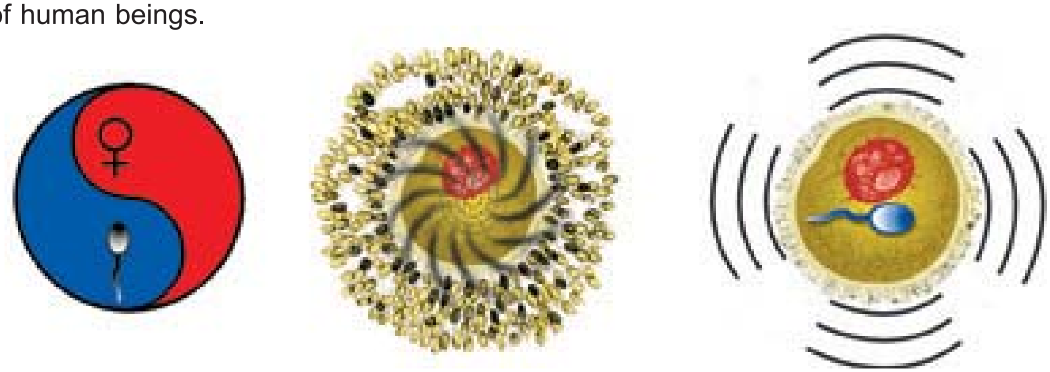


Fig. 6.8 *Egg and Sperm, the Universal Big Bang and the Little Bang*

At the moment of fertilization, or when the sperm penetrates through the egg's membrane wall, a mini light explosion happens. This series of events contains the complete evolutionary process of universe and humanity. Connected to the information of the egg and sperm and the Universal consciousness, the cell knows how to produce a human being.

This process is very much like the birth process of a star. Energy and then gas build up potential between different stars. The potential rises to a peak where a cloud implodes and falls into different eggs or cocoons. Through the increasing density and pressure a nuclear reaction follows automatically and a new star comes into existence.

The creative ability of the intelligence present in this one cell can only be called miraculous. Everyone could be enlightened from the abilities of the young embryo. Although modern science can demonstrate interesting observations and pictures of how a fully grown human being manifests from this one cell, it cannot understand the theological perspective as to why?

More open-minded scientists agree that the mystery of life cannot be explained by chemistry, genes and chromosomes. Many of them now realize that cells should not be thought of as a rigid unit, but rather as a momentary aspect of spatially ordered (submicroscopic), metabolic movement (same for tissues and organs). All normal cells in the

human ovum have the same chromosomes, yet they differ in various ways, so the way genes react must be dictated by external information that enters through the membrane into the cytoplasm and the nucleus.

The vibrational potential between the parents resonates with the soul, which is externally present and interactive long before conception. It enters the embryo around the 49th day after fertilization. The fertilized egg shows (during the first 3 days) a process of splitting, comparable to the earth axis shift that we described before in chapter V (see fig. 5.9). Three or four new axes are created during that time, bringing the number of cells to about 16. This process is also described in the I Ching.

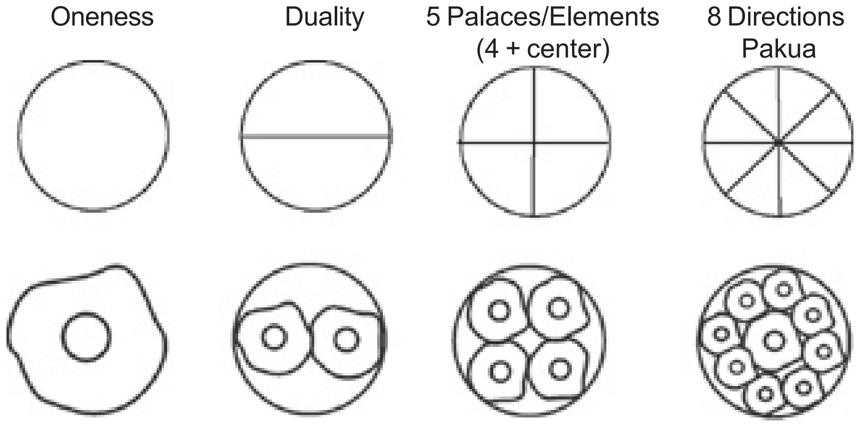


Fig. 6.9 *In Embryology this stage is called the Morula.*
One gives rise to two, two gives rise to four, four to eight.

The fertilized egg stores much of its information in the space and charge between the inside and the outside. The inside is related to the woman's energy and the Conception Vessel. The outside holds the fathers' energy and the Governing Vessel energy. The Governing Vessel functions as a receiving station that picks up all external vibrations. The Conception Vessel internalizes the information and acts as an internal transmission system. In later development the male energy stays more in the vibrational field and gathers around the nervous system and Governing Vessel.

The female energy gathers through the blood production system in the belly, organs, and the Conception Vessel. The Governing Vessel is seen as the source of yang vessels, the Conception Vessel as the source of yin vessels. Until day 16, the embryo consists of 2 layers: the ectoderm and endoderm. Around that time a third layer called the mesoderm will materialize along the central axis of the embryo. The Chong Mo (invisible axis of the cell) has been there all the time, but not in a manifested form. The Chong Mo creates the connection between the Jing (sex potential) and the Shen (spiritual potential).

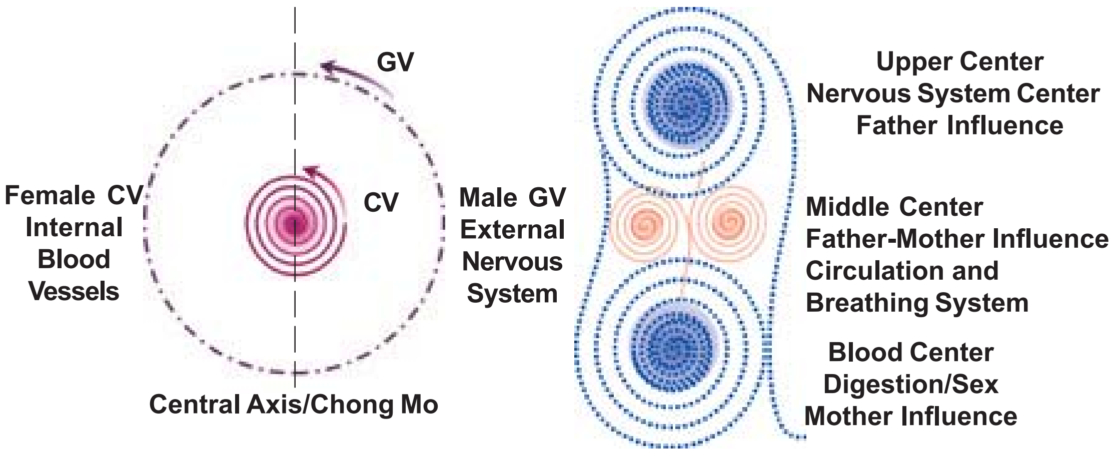


Fig. 6.10 *Parental influences on embryonic development.*

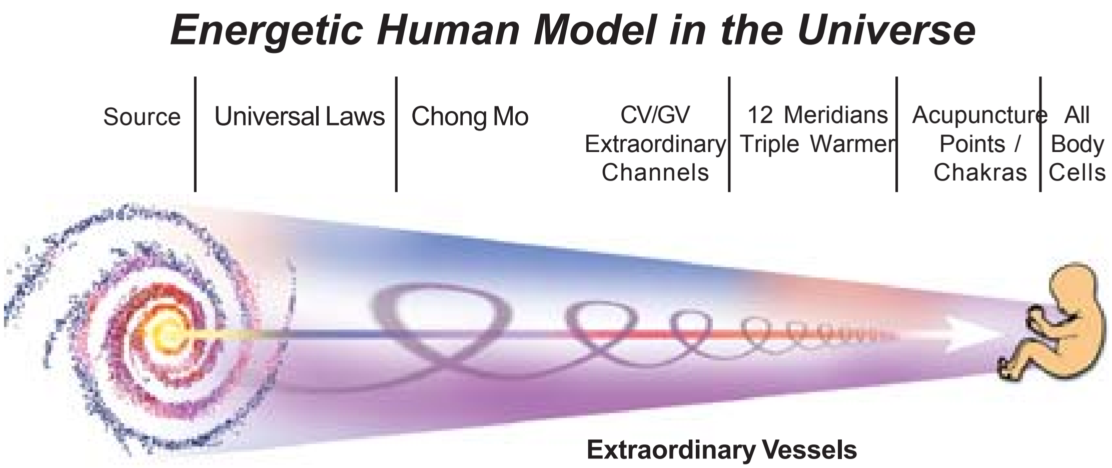


Fig. 6.11 *Embryo-Source*

In Chinese medicine, the triple warmer is directly related to the source. It is directly related to the fascia system as a mechanism to form or shape the fascia, according to the energetic spiral network. From the 3-layer embryo, the five different elements divide.

The fire element is divided into two parts: primary and secondary fire expressing the high complexity of the human heart/fire quality. So, six meridian couples are formed. This meridian network spreads out in the body with over a thousand vital points, where the electromagnetic force gathers.

➢ Ectoderm	- Secondary Fire	Triple Warmer
		Pericardium
	- Metal	Large Intestine
		Lungs
➢ Mesoderm	- Earth	Spleen
		Stomach
	- Wood	Liver
		Gallbladder
➢ Endoderm	- Primary Fire	Heart
		Small Intestine
	- Water	Kidneys
		Bladder

Fig. 6.12 *Human Cells- Six Meridians Couples - Twelve Meridians*

Waves of Endless Motion

As we have pointed out, humanity developed following one simultaneous materialization process that manifested the entire solar system, the earth and human society. We can say the universe is evolving as a whole. This can happen only with a wavelike motion of life and death or materialization and dematerialization. Just as stars and solar systems are born and come into existence all of it will one day be subject to destruction, decline and dematerialization. The model that is currently used on human development is mainly based on written history, although many facts show that there must have been highly developed civilizations over five thousand years ago. Egyptian, Mayan, Tibetan and Hindu cultures speak of previous civilizations dated long before the times that are generally accepted.

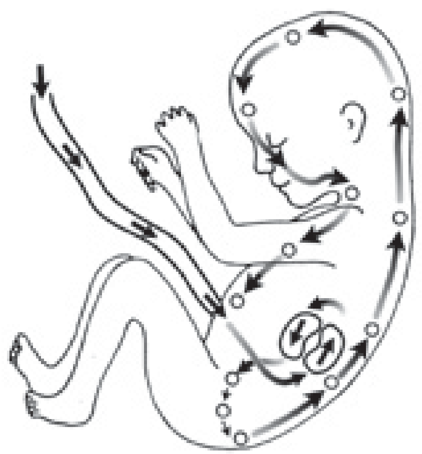


Fig. 6.13 *Waves of Endless Creation*

The old Newtonian material, rational identification with our external senses, prevents us seeing the authenticity of our true origin. It would be narrow minded to limit ourselves to written material as our only proof. The use of wisdom, life experience and intelligence is the way to penetrate deep behind the limits of the senses. Otherwise we block ourselves and only experience life in our physical boundaries, denying the endless, nature of life. As we see in fig. 6.14, all life comes out of this timeless and formless void, the source. The play, the interaction of polarity creates waves that differentiate in time and space, through the physical universe, the Milky Way, the solar system, the earth, in the body with all its cells, particles and waves. The deeper we go into our physical existence the lower the vibration. Freedom lies in the experience of all these different vibrations while relating to the same timeless and spaceless reality.

Expanding Human Consciousness through the Ages

The work of Rudolf Steiner, the founder of anthroposophy shows many interesting references to planetary energies and human development. This work is more connected to Greek mythology than to Chinese literature. It gives an interesting picture of the link between the universe and human development. Greek mythology places its own qualities on the planets, as do the Taoist or Chinese astrologers.

The planets are the purest symbols of the personality and emotional/social human behaviors. The planetary world is the world of the soul, with the sun as the middle point or the core of the field of consciousness. This chapter is inspired by philosophy of anthroposophy.

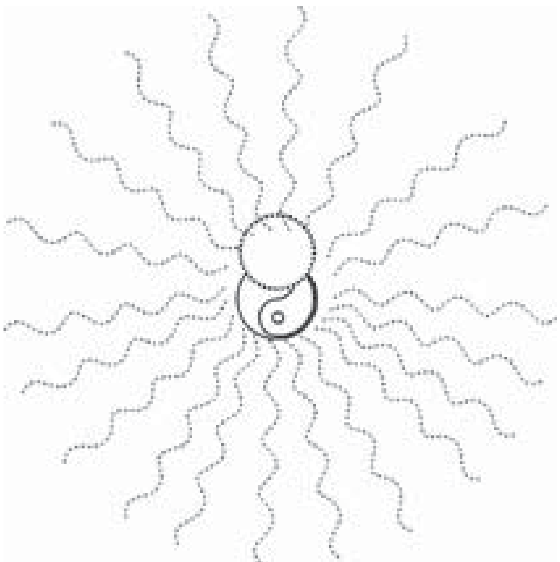


Fig. 6.14 *Sun expressing Cosmic Law and Chi*

For a long time in the West, astronomy was based on the Ptolemaic view of the solar system (second century Greek astronomer). In this view, the earth was the unmoving center of the universe and all planets circled around it (which is true of course looking from the standpoint of the observer). In anthroposophy, this Ptolemaic point of view is still used as a map to describe the evolution of the soul.

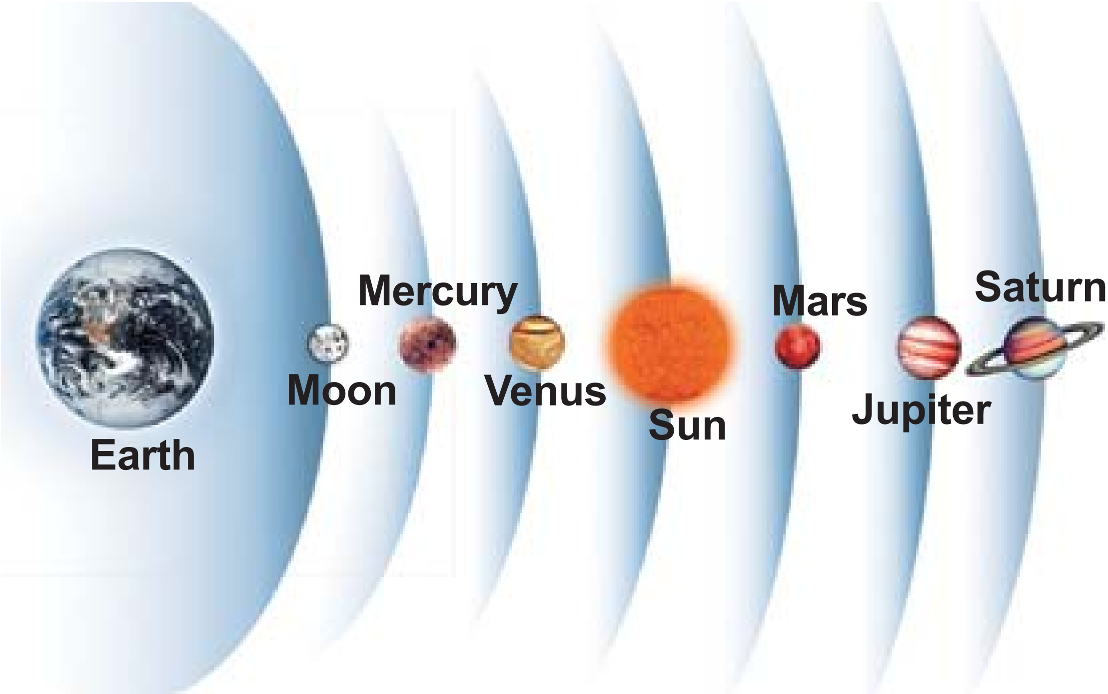


Fig. 6.15 *Solar System according to Ptolemy*

The earth is the physical place where the human soul connects with the body. Earth, sun and moon form the basic energies for the development of humanity. The deep contents of these energies rise when they meet each other. The meeting of sun and moon represents the interaction between the consciousness and unconsciousness. But on another level it can also be seen as consciousness of mind (sun) and consciousness of the body (moon).



Fig. 6.17 *Sun and Moon*

Mercury represents the ability to connect on a neutral, non-emotional basis. It connects the energy of sun and moon. Among primitive tribes, the group functions as a unit and is more important than the individual. Connection - the quality of Mercury - gives birth to the Venus quality, which has safety and security as its key attributes. They are the unconscious goal of forming a group. People gradually learned to increase their survival rate and enhanced their security through control of the environment (agriculture, hunting).

Mars is the desire to be independent. It stands for the formation of the conscious ego. This is a reaction to the contractive energy of the group. To create balance between this expanding and contractive force another energy was needed. This energy was found in the gods by rituals and prayers (religion). This quality is related to Jupiter. The deeper and higher unity within the group and growing consciousness. The experience of pleasure and pain related to the internal/external struggle in a search for balance and growing consciousness is related to Saturn. It highlights the process of decision making based on your experiences of pleasure and pain.

The discovery of the three trans-saturnal planets created an extra dimension or a higher octave in our solar system's awareness.

Chapter VII
Soul in the Planetary World

The solar system is an energy structure composed of a central area largely consisting of mass and light and nine awareness belts encircling its center. The planets are the materialized forms of these belts. Each of these belts has unique frequencies and qualities. Since the soul remains strongly connected to the sun, throughout life an evolution through the solar awareness belts takes place.

The Taoist masters clearly distinguish two forms of souls. The sun related cloud soul (hun) and the moon related white soul (p'o). The p'o (one of the stages of the soul) constituent of this dual soul comes into being immediately upon birth, preceding the emergence of the hun which is the yang element of the spiritual nature.

In the following pages we will not use the dualistic principle of the soul, but rather see the soul as one.

Process of Incarnation and Excarnation

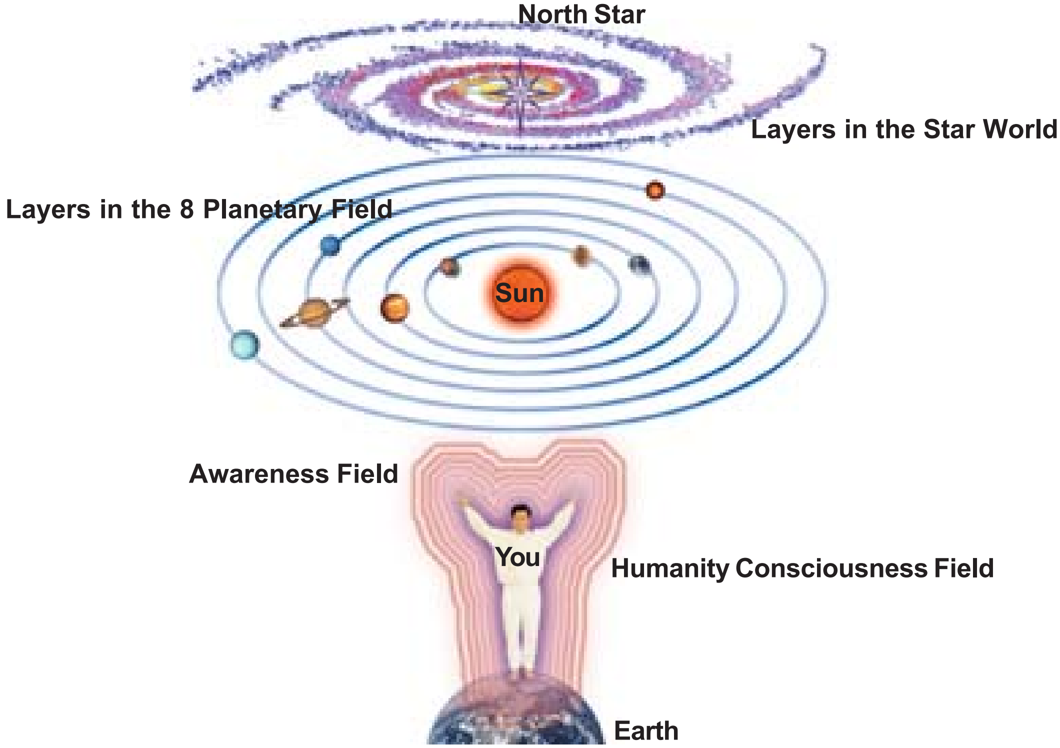


Fig. 7.1 *Star World - Planetary World - Human Awareness Field*

When the soul starts its incarnation process it moves through the world of stars and is attracted by the unity of our solar system with the sun as its medium. The sun (a star in the solar system) functions as a giant satellite station between the worlds of stars and planets.

According to the karmic information carried by the soul, it will remain a shorter or longer period in the frequencies of some planets. During these stays it receives the necessary information that will create or awaken our specific learning possibilities.

Each soul remains longer in one sphere than another, creating a very distinctive quality in the character of that person. We have greater connections to some of these planets and weaker ones to others. During this incarnation process the soul will move from the unmanifested world through the star world, the external planets, the internal planets and the moon-earth sphere; it will be constantly attracted by the force of the sun and later the earth. The electro-plasmic force of humanity around the earth functions as an awareness belt that connects the soul with life on earth.

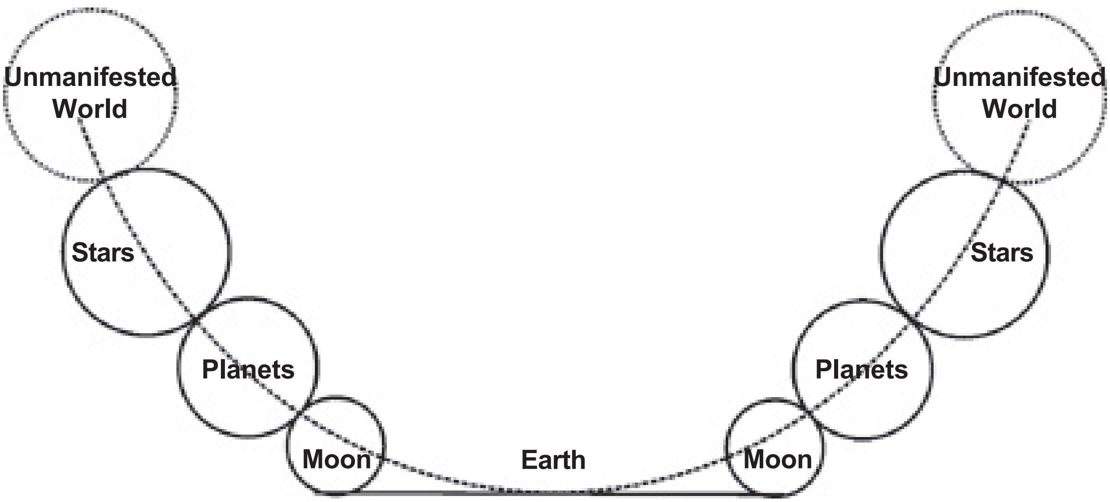


Fig. 7.2 *Birth - Life - Death*

When a baby is born, the incarnation process is not yet complete, as we can clearly see in the personality of the child. In the first two life cycles (7 year cycle) the full incarnation of the soul still has to be completed. Often around puberty, at the beginning of the third stage, the true personality reveals itself, sometimes even as a shock to the parents. The same happens in the last cycles of life. The person increasingly loses interest and connection with earth and life on the planet, as the soul withdraws towards the higher worlds. Although they are on the other side of the spiral of life, children and old people often dwell with their soul still or already in a higher realm.

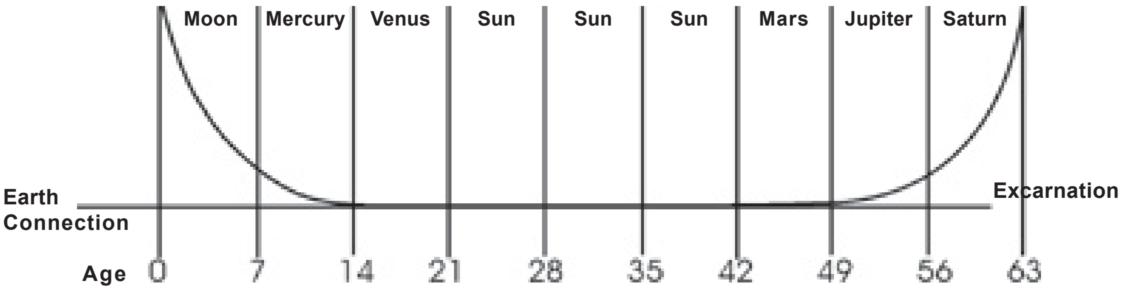


***Fig. 7.3** Development of the Soul through the Planetary World Based on Anthroposophical Theory.*

In the above picture based on the anthroposophical view of the growth of the soul, the earth is seen as the physical middle point and the sun as the center of soul development. The sun reflects the law of triple unity in the universe. Three planets are placed on each side, the sun is placed in threefold, in the central region.

The stages of incomplete incarnation would be in the stage of the moon and Mercury for the child and of beginning excarnation in the stage of Jupiter and Saturn for elder people.

The discovery of the three trans-saturnal planets has also occurred together with growing human life expectations. This creates a different schedule. In modern society the period of withdrawal from active life and into retirement has clearly become longer than in past centuries. This increased period extends in the trans-saturnal sphere of Uranus, Neptune and Pluto. Because of the low energy and awareness level of many people, this 21 extra years is simply an extension, which results in an increased life span but of a lower quality of life.

Most people have wasted most of their life force before they enter into the trans-saturnal period. This often creates an inability to integrate these planetary influences, with the result that the awareness level drastically diminishes during the last stages of life.

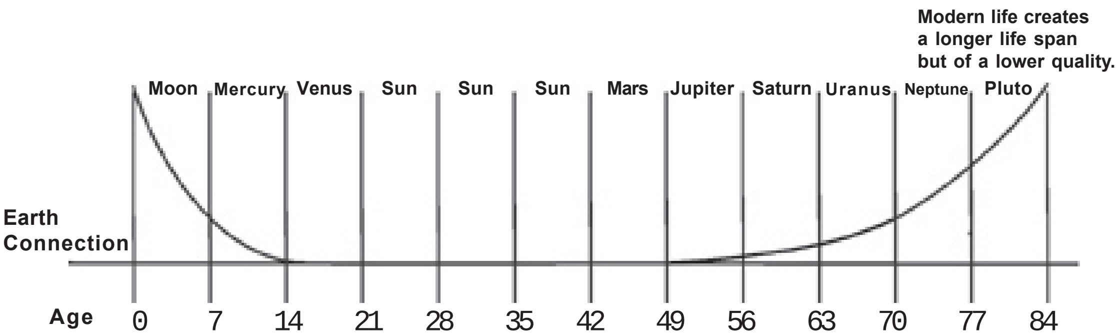


Fig. 7.4

Application in the Universal Tao Practice

In the Universal Tao practice the period of the sun (ages 21 to 42 years) is used to build up a strong connection with the sun and then the North Star consciousness (See fig. 7.5). The North Star is the Taoist spiritual gate. Once the connection with the source is established through the North Star and the Universal light, the effect of the planets on the practitioners' emotional and mental state will be reduced. To establish this sun/North Star connection, the five elemental forces must be balanced and the frequencies of the awareness belts around the sun (related to the planets) must be integrated. During the sun period, the collective consciousness inherent in each cell of our body will be nurtured by the high quality of the sun's frequency. This energy is mostly used to manifest oneself in the world; relationships, work, house, children, etc.

In Taoist practice the awakening light of the sun period is a perfect time to establish the North Star/spiritual connection. Once the connection with the spiritual realm is established we can distinguish two different realities. The planetary influences will still affect us but the rooting to earth and heaven will make it much easier to stay in connection with the spiritual laws, the life in our body and their interaction. This way we stop nurturing the ego and begin to live a life beyond the personality and the related planetary spheres.

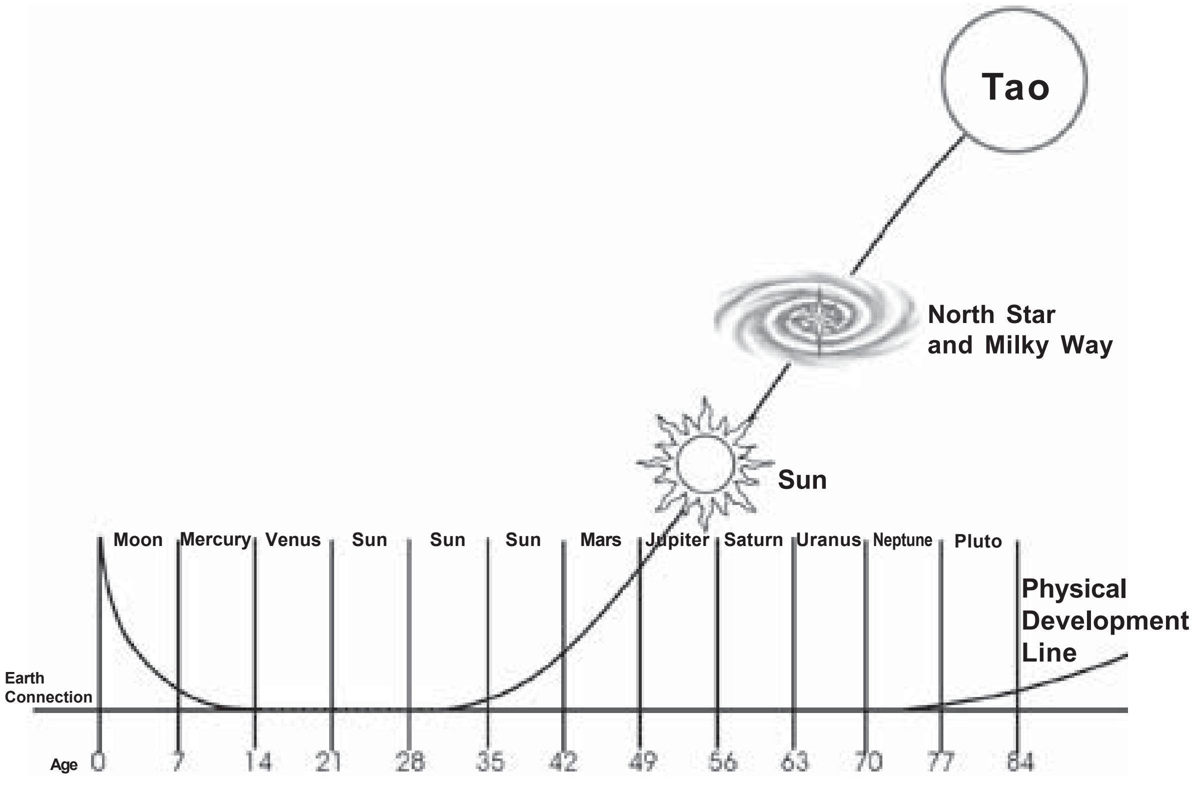


Fig. 7.5 *Taoist Development Line*

Through the Universal Tao practice the sun period can be used to cultivate the soul and spirit body. The soul is the medium between the physical plane and the spiritual world. The soul naturally follows the evolution through the planetary world but the spirit does not have this limitation. The determining factor is the point of identification and realization. The sun period is also the time when the level of Chi in the physical body is at its peak. The physical and biological development is at its peak at around 28 years of age in men and 24 years of age in women. At that time the body becomes a temple in which the soul and spirit can be cultivated. Taoist practitioners cultivate quantity (life span) combined with quality (spiritual realization).

Through the Universal Tao practices this peak state can be kept and even improved upon during the following decades. Just like many Taoist masters and some isolated tribes found that getting older does not have to mean getting weaker. They became fitter as they grew older, which was confirmed by western doctors. These people were wise and had clear connections to the gods. Is this not a better idea about getting older: “I get wiser, more experienced and intelligent, I integrate this in my body, so I will be fit and strong in my old age”. Since most people waste this energy upon superficial satisfaction, it leaks away and when they reach old age, when they have lost most of their energy, they feel weak, scattered and disconnected from their spiritual task. When the sun/North Star connection is open, your whole life will be inspired and guided by the unlimited wisdom of the universe. The connection with the light will enable you to lead an active but peaceful life. You will still experience the growth of the soul through the more emotional planetary world, but the spiritual connection will allow you to observe this process, see reality through the emotions and integrate it within the physical body.

In this way the energy of the experience is integrated to nurture the consciousness. Rudolf Steiner said that the goal in life is to balance the planetary qualities to reach the highest state in the solar system which he called “the sun awareness”. During the excarnation, the soul will move again through the planetary world and will be purified from all earthly, materialistic and emotional experiences. The fruits of the past life are harvested and condensed to form the seeds for the next life. This process is continued outside the planetary world in the world of stars and the immaterialized realm or the world of vibrations.

In the Universal Tao, the Fusion of the Five Elements practice is used to balance the qualities of the five elements in the body. This practice is also called internal alchemy. After strengthening and purifying the body during the basic practices and fusion practice, the energy and virtues of the five vital organs will be cultivated (kidney, heart, spleen, lungs, liver). These energies will be gathered in specific areas (pakuas) around the navel into the collection points. From the collection points, the energy will be drawn to other pakuas that is formed around the navel. From these pakuas the energy is blended, purified and stored in the center (Lower Tan Tien).



Fig. 7.6 *Immortal Meditating*

The energy will be condensed until it becomes a radiating pearl. This pearl will be held at the original meeting point, or the point where the information of the first cell or basic spark in your body is kept. Taoists use the metaphor of the pearl or crystal, to refer to the highly concentrated purified energy.

This pearl will be cultivated and slowly transformed into spiritual energy. It will become the house of the soul and spirit body, one's balance, control and Universal connection point.

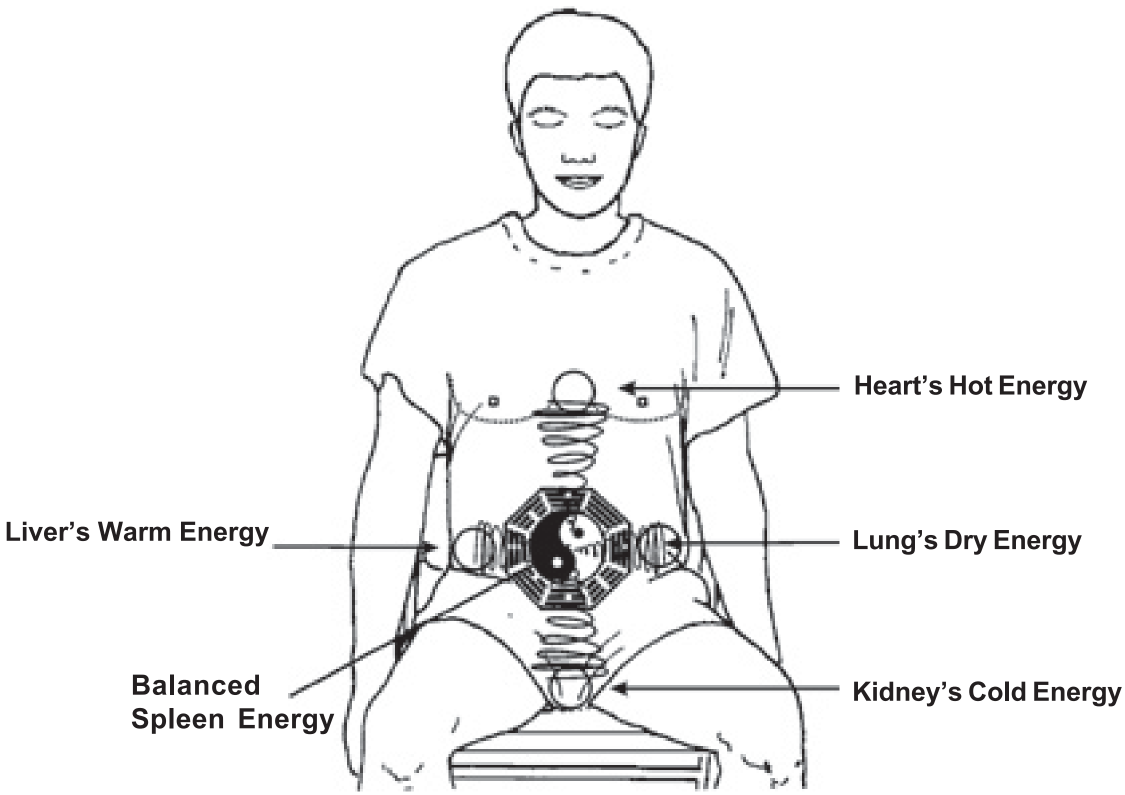


Fig. 7.7 *Pakua Collection Points*

The pearl will then serve to open different energy channels in the body and to travel outside the physical body through the world of planets/stars and vibrations. The pearl has the same function as the sun in our solar system: centering, collecting, controlling and connecting to higher realms. When the center is weak (no pearl), there is no central point of consciousness or control. This implies weakness and inability to decide where to go or what to do. When we use the mind to gather the energy at one point, the spark that is still glowing inside of you will create ignition and start to shine again. Just as our solar system formed some 5 billion years ago.

Comparing Solar System and Organ System

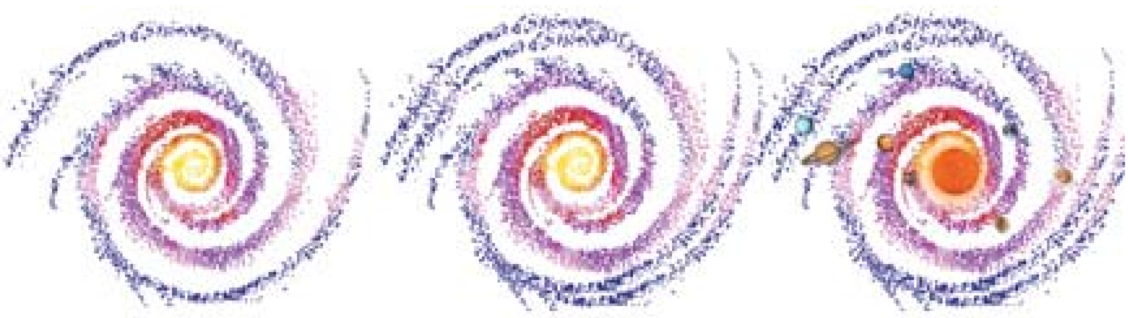


Fig. 7.8 *Contracting Spiral - Energy gathering in the Center - Spontaneous Inflammation*

When the pearl is shining and stable in the Lower Tan Tien, it will be the source of energy for all the organs. The place where the pearl is kept is the area of the small intestine. In Chinese medicine this is the yang meridian of primary fire, the center of transformation.

When the pearl is stronger and more refined, it can be moved towards the heart center. While the small intestine fire is more a physical fire, the fire of the heart carries a higher vibration. This fire is related to the quality of the sun, the soul and the state of compassion. It is the practitioner's task to create the right internal condition for this by self-cultivation and good deeds to the benefit of all beings. In the Kan and Li or Immortal Practices, the pearl moves up to the center of the head. It moves up by itself as the fruit of self-transformation. At this point the pearl changes and acquires a very high frequency, related to the world of spirit. During meditation practice it is good to expand one's energy field and connect with all forces of the universe. Subsequently contracting and storing in the Lower Tan Tien will make these energies available in your daily life. During meditation we can use the moon and earth force in the Lower Tan Tien, the sun energy in the Middle Tan Tien and the North Star energy in the Upper Tan Tien.

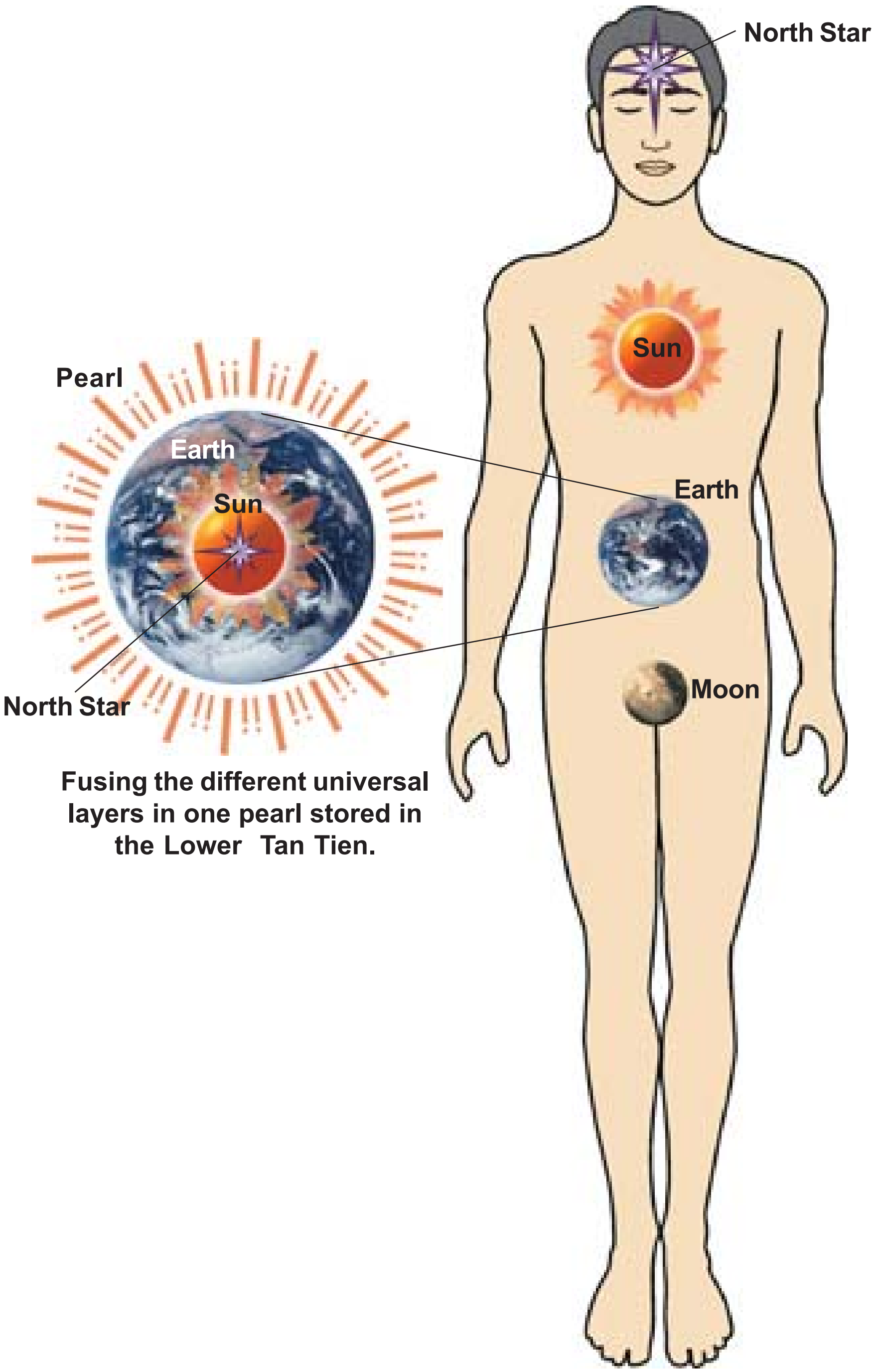


Fig. 7.9 *Fusing the Pearl*

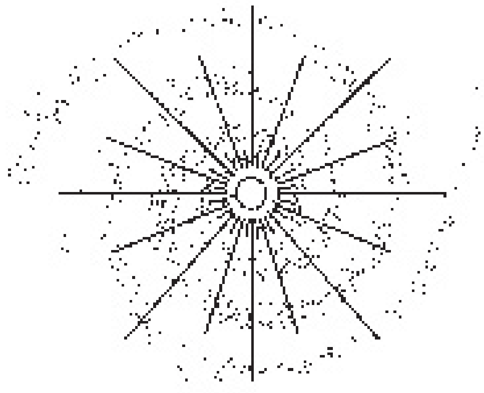


Fig. 7.10 *The Pearl in the Tan Tien has a function similar to that of the Sun in our Solar System.*

At the end of the meditation the North Star will be brought into the sun in the Middle Tan Tien. After that both will be put in the earth or the Lower Tan Tien ("Three in one principle"). This connective and gathering process symbolizes unification, or the spiritual world becoming the core of your life.

Use of Planetary Energies in East and West

Translation	Chinese English Spelling	Western Name	Element
Chronographic Star	Ch'en Hsing	Mercury	Water
Grand White	T'ai Po	Venus	Metal
Sparkling Diluter	Ying Huo	Mars	Fire
Year Star	Sui Hsing	Jupiter	Wood
Quelling Star	Chen Hsing	Saturn	Earth

In China the planets have been used in connection with the Five Elements and the Five Heavenly Palaces in their relationship with the 28 Lunar Mansions for thousands of years. The planets were called the "naked eye five" or the "five stars" or sometimes the "five pacers". The precise movements of the planets as seen from the earth was not a focus point for the ancient Taoist, although the trajectories were approximately known by about the fifth century. The translation of the Chinese name of the planets gives us an idea of the nature of their energy.

Outside China there is a long history of the astrological use of planets, recorded since the third millennium B.C. in the Babylonian civilization. The Babylonians also connected the planets with different gods and goddesses, a link found in many cultures.

Planet	Babylonian	Hindu	Egyptian	Greek	Roman
Sun	Shamash	Surya	Ra	Helios	Apollo
Moon	Sin	Chandra	Chamse	Artemis	Diana
Mercury	Nabu	Hanuman	Toth	Hermis	Mercurius
Venus	Ishtar	Lalita	Hathoor	Aphrodite	Venus
Mars	Nergal	Mangala	Horus	Ares	Mars
Jupiter	Marduk	Indra	Amoun	Zeus	Jupiter
Saturn	Ninurta	Brahma	Sebek	Kronos	Saturn

Western astrological signs are different, but comparable with Taoist astrology - the base of our stellar and planetary initiation. It uses signs for the planets that have slightly different connections with the world of soul and spirit, where the sun is the image of concentrated spirit.

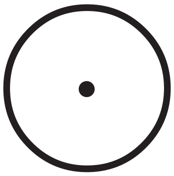


Fig. 7.11 *The circle is a sign of wholeness and the dot represents the center of the solar system.*



Fig. 7.12 *The vertical division of the circle, or the half circle is the symbol for the moon and also for the soul (divided consciousness).*



Fig. 7.13 *When we integrate matter or the cross in the circle of spirit we get the sign for the earth: matter in spirit.*



Fig. 7.14 *Venus is the Sign of Spirit over Matter.*



Fig. 7.15 *Mars shows the Cross of Matter over spirit.*

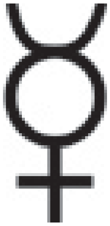


Fig. 7.16 *Mercury as the Planet of Connection mediates between the different Forces or is the Spirit as a Bridge between Soul and Body.*



Fig. 7.17 *Jupiter shows the Soul Elevated over the Cross of Matter.*



Fig. 7.18 *Saturn is the Cross of Matter above the Crescent of the Soul.*

In Greek mythology and related anthroposophical studies, soul types are described based on the expression of the planets. The observations of the expression of these heavenly bodies was the vehicle to get in contact with the higher psychic world.

In the Taoist practices the planets are seen from the Tao and its manifestation in the five elements and so the internal energy of the planets have a relation with the colors of the five elements and the seasonal cycle. Because of this different point of view (their interpretation of male/female planets), the connection they make with the body organs and systems and also the personality connected to a particular planet, is different between Chinese and Western astrology.

For instance in the West the planet Venus is a female planet connected with the Greek goddess of love and beauty, Aphrodite. While Jupiter is known as a male planet with a dominating, controlling energy and the god Zeus.

In the East, wood is the quality for spring. Spring gives birth to new life (so it is female). Since wood is the planet of Jupiter it is considered to be a female planet. Metal is the quality for autumn. In autumn life withdraws and contracts (male). Venus is in the West, so it is seen as a male planet. The planets Mercury and Venus seem to be used in opposite ways in the two systems. So, it is important to use the planets according to one system only and not to mix them together.

Modality	- Lungs +		- Kidneys +		- Liver +		- Heart +		- Spleen +	
Emotion	Sadness, Grief	Righteousness, Courage	Fear, Stress, Fright	Gentleness	Anger	Kindness	Impatience, Cruelty, Hate	Love, Honor, Respect	Worry	Fairness, Openness
Shape	Collapsed, Flattened Ball	Tall, Straight	Awkward, Tiny, Compressed	Round, Full, Expansive	Spear-like, Sharp	Round, Smooth	Moving, Spiny	Straight, Open	Irregular	Open, Wide, Big
Color	Grey	Bright White	Dark Grey, Cloudy	Bright Sky Blue	Red, Cloudy	Soft Green	Orange, Muddy	Bright Red	Cloudy	Mellow Yellow
Smell	Musty	Pure, Fresh	Foul, Urine	Fresh	Pungent	Sweet, Fragrant	Sharp Burnt	Aromatic Incense	Sour	Clean, Dry
Temperature	Cold	Comfortable, Warm	Cold, Chilly	Cool, Comfortable	Hot, Explosive	Warm, Pleasant	Unsteady	Warm, Full	Humid	Warm, Mid-range
Sound	Low, No Force	Strong Firm, Resonant	High-pitched Shrill	Whisper, Pleasant to the Ear	Flashing, Loud	Melodious	Noisy, Irregular	Deep, Stable, Steady, Solid	Shaky	Clear, Soft, in Tune
Feeling	No Energy, Exhausted	Uplifted	Tight, Closed in	Relaxed, High, Centered	Pain, Tough, Rough	Nurtured	Irregular	Stable, Protected	Uncertain	Balanced, Even
Texture	Crumpled	Firm but Comfortable	Slippery	Velvet	Rough	Soft	Cactus-like	Comfort-able, Secure	Sticky	Smooth, Firm
Size	Deflated, Low	Expanding Upward	Small	Limitless	Expanding, Exploding	Expanding, Gently	Small, Pointed	Expanding	Out of Proportion	Big, Deep
Taste	Salty	Satisfying	Salty	Mild, Honey	Bitter	Sweet	Acidic	Satisfying	Sour	Smooth, Clean
Direction	Downward	Upward	Scattered	Circular	Attacking	Enfolding	Scattered	Open, Steady	Con-stricted	Horizontal

Fig. 7.19 *Typical Qualities of the Five Vital Organs*

Chapter VIII

Cranium: Projection of the Five Elements, Five Star Palaces & Five Planetary Forces

Development of Craniosacral Rhythm

Taoist theory on the structure of the universe and the invisible world can be partly recognized on a more physical and chemical level in more recent discoveries in science and bodywork. An interesting link was discovered between the five elements - the five planets, the cranium and the five vital organs. These more recent discoveries make the Taoist esoteric knowledge pragmatic in meditations and treatments. Taoist masters always mentioned that the power of the Governing Vessel is controlled by the power in its two poles: the **sacrum** and the **cranium**.

Since the Governing Vessel is a reflection of the Universal orbits, coming all the way from the Tao, a free flow of energy between the two poles is essential to provide the body with the right information to function in accordance to the Universal law. The treatment of the physical manifestation of this system is developed in a specialized art of bodywork, deriving from osteopathy, called craniosacral therapy. Touching the crown to connect another person to the light is well known in several cultures and thousands of years old.

The Governing Vessel has been used as a spiritual channel for more than 5,000 years, but the art of working with craniosacral rhythm is about 100 years old and focuses on other energy levels of the human skull. The discovery of this bodily intelligence would appear to be directly connected with Universal and human evolution. It is a further development of awareness and sensitivity of the bioplasmic (personal aura) and electroplasmic field (shared with all other humans). Long ago humans were only aware of their rhythm of breathing. The primitive human being recognized the breath as a sign of life. They were strongly physically dependent and oriented. The breath provided them with vital energy (Cosmic light) and oxygen to nourish the exchange process between their and outer world and the transformation process in the belly.

The heart center was undeveloped and the cardiovascular system situated more deeply inside of the body. They were not aware of their heartbeat. The development of the heart center gave birth to a more conscious soul connection. As the breathing developed and grew into the heart center, the sociability of the lung energy came forward.

System	Level	Connection
* Meridian Rhythm (Cycle)	- Spiritual	- Unmanifested World
* Cranial Rhythm	- Higher Mental/Spiritual	- Star Connection
* Heart Rhythm	- Lower Mental/Social/Emotional	- Sun Connection
* Breathing Rhythm	- Physical	- Earth/Moon Connection

In the heart center, the connection with other beings, the emotions and virtues arise. When the heart center developed into a higher state, compassion evolved as a bridge to the higher mental and spiritual level. Chi and awareness in the nervous system or spiritual center is known in every spiritual tradition but the rhythm of the craniosacral system is a relatively new discovery.

Craniosacral System

The craniosacral rhythm develops through the subtle cranial shifts that occur during the unfolding of the embryonic nervous system and is a translation of the information in the Governing Vessel. The brain and its ventricles produce a liquid called cerebrospinal fluid. This fluid is rhythmically pumped into the sub-arachnoidal space around the spinal cord between the surrounding fascia layers (the meninges). The Governing Vessel is located at the back of the spinal cord - in the same space between the arachnoid and pia mater, all the way from the perineum to the upper lip (and internally back down to the perineum). In this way the Governing Vessel is constantly charging the cerebrospinal fluid and the spine.

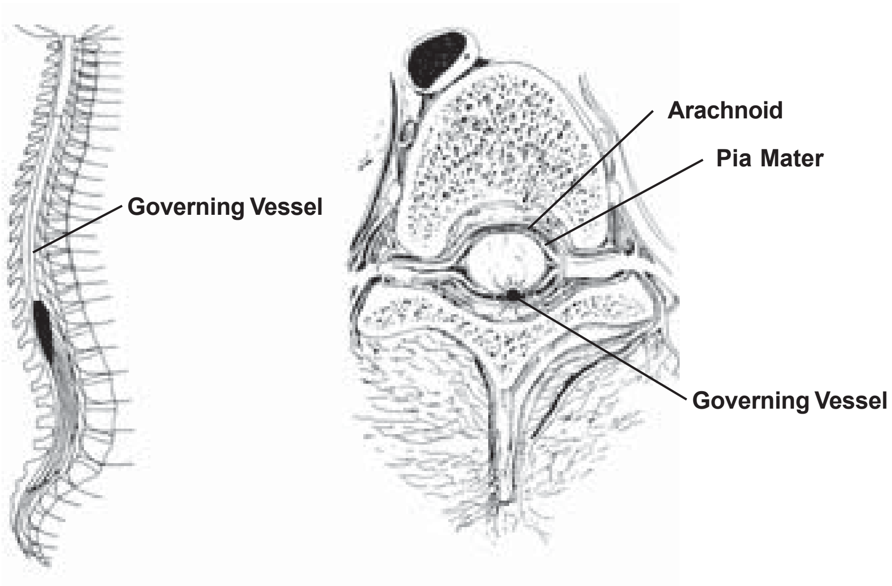


Fig. 8.1 *The Meningal System contains the Energy of the Governing Vessel.*

The cerebrospinal fluid is produced in the ventricles of the brain and is completely renewed every 5 to 6 hours. There is about 135 cm^3 of this fluid present in the body and the ventricles secrete more than half a litre daily. It must circulate continuously; take this information as encouragement to do **spinal cord breathing** frequently during the day. (refer to Cosmic Healing I). Besides the spiritual information in the Governing Vessel the cerebrospinal fluid contains the deep memory of biological evolution from the oldest planetary oceans. A period of more than three billions years of evolution from bacteria and viruses to human beings is stored there. The high and low “water marks” in the system have a rate of about 8 to 12 times per minute. During the phases the membrane system in the head contracts and expands causing the movement of cerebrospinal fluid in the spine. The cranial movements, created through these waves, are 0.04 to 1.5 millimeters, but with some training they can be felt throughout the whole body. It is important to remember that the craniosacral rhythm is fully independent of the breathing process.

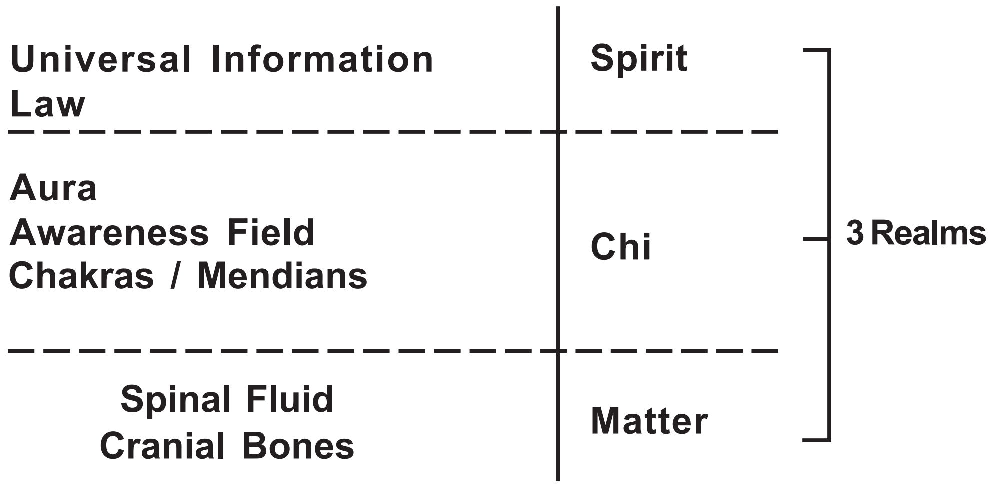


Fig. 8.2 *Three Realms in the Universe and in the Human Body*

In a meditative state confusion may occur between these two rhythms. Touching the skull very lightly and stopping the breathing for about 10 seconds in the outbreath can help you out of this confusion.

Even though the energy in the cranial system is more spiritually oriented, four different dimensions can be recognized (spiritual, mental, emotional, physical).

Any kind of impact on one of these four layers changes the quality and energy in the other three: treatment, meditation, thoughts, physical stress or strong emotions.

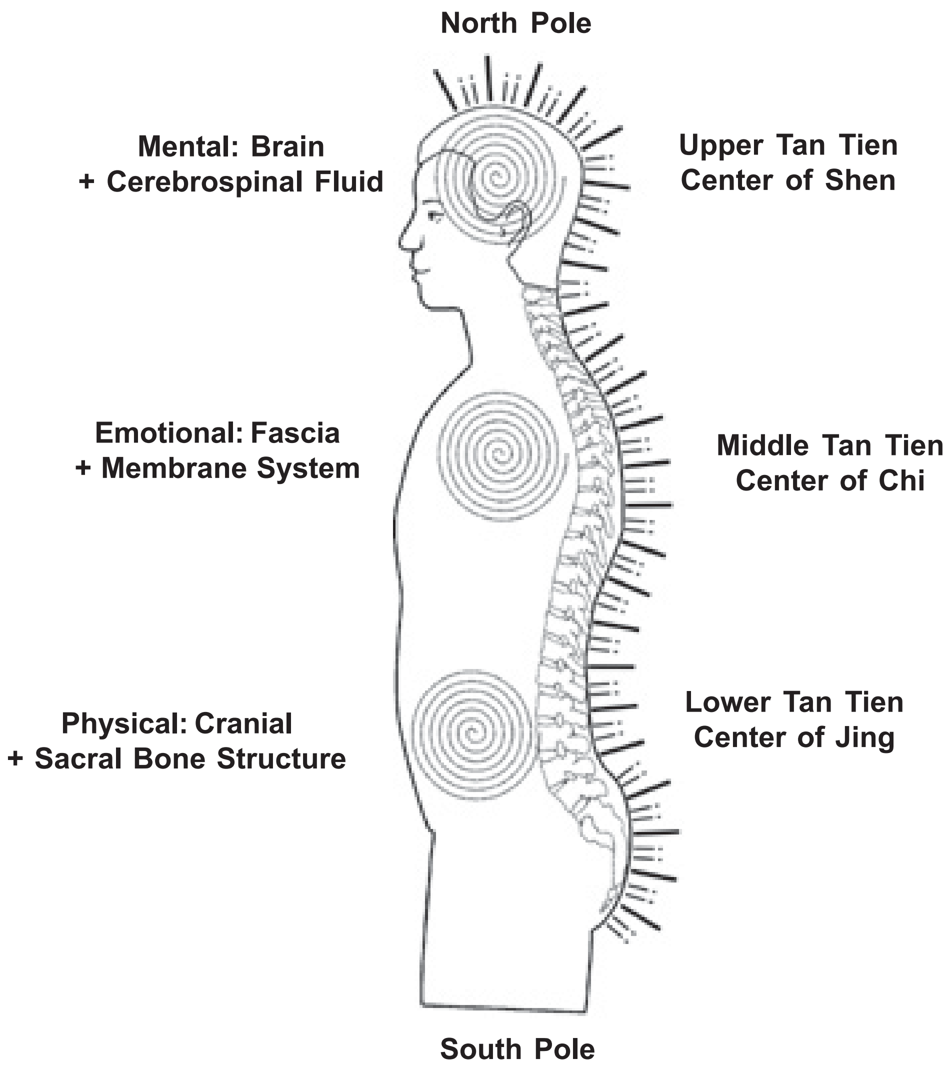


Fig. 8.3 *Spiritual Governing Vessel and its Aware Expression (Craniosacral System)*

The whole cranial system is a big antenna and transmitter of information to all the different energy levels in the body. To work with it in our treatments or just for our own meditations, it is necessary to practice, to feel and study the different layers of the system.

The physical layer (cranial bones) and the spiritual layer (Governing Vessel) are the most easy and most practical ones to register in your body. This mental/spinal fluid and emotional fascia needs more study and practice. The craniosacral system has a north pole, the cranium and a south pole, the sacrum. Under normal conditions they work together in perfect rhythm. The cranium is the pneumatic/mechanical driving force; the sacrum follows the cranium impulses. In cases of stress or blockages there can be small timing differences between the two.

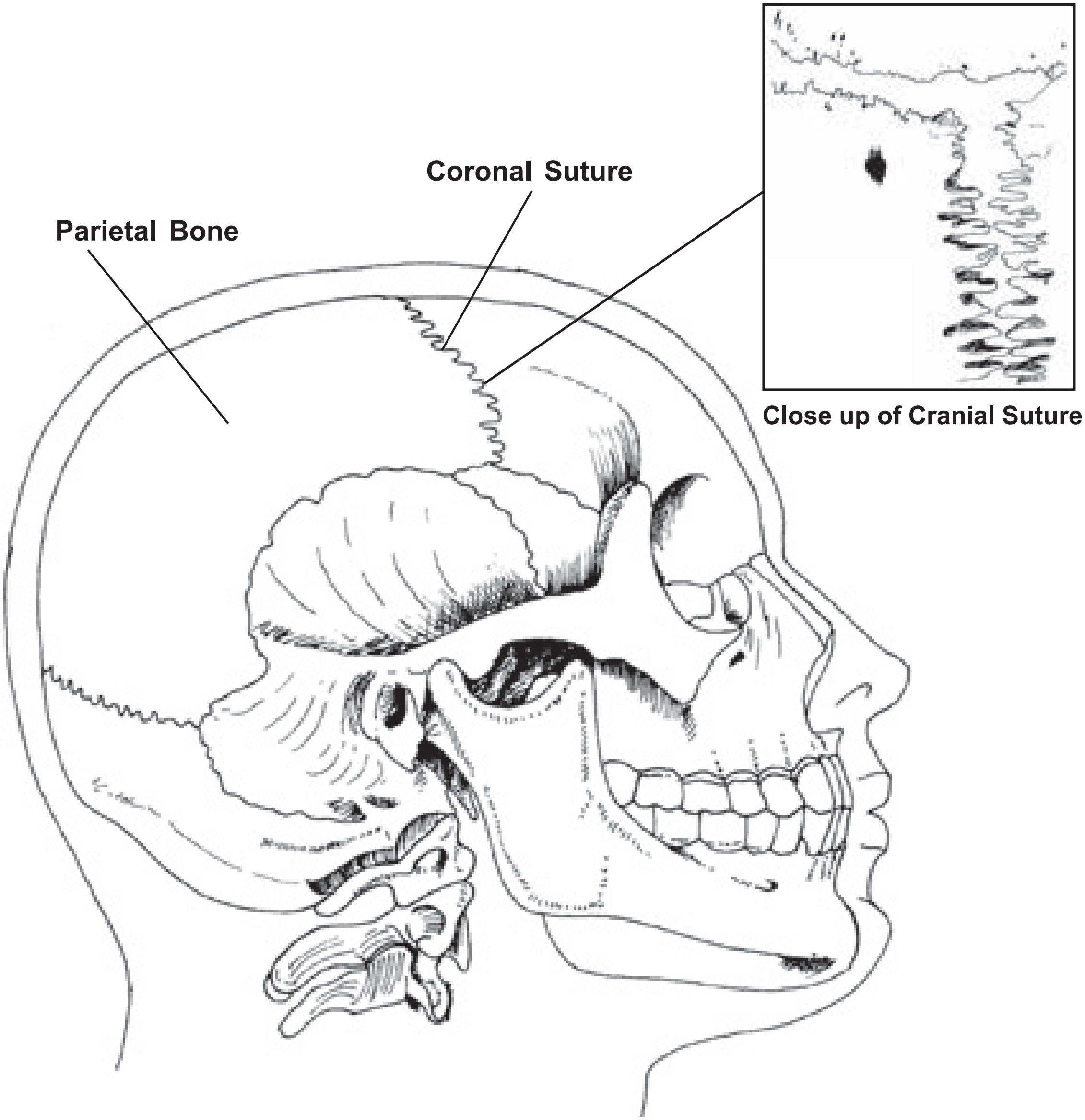
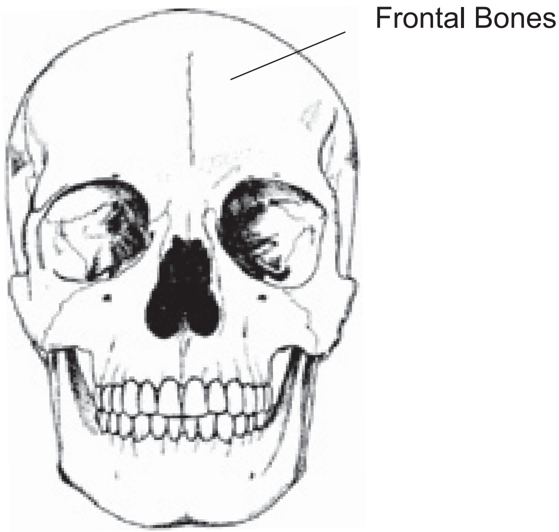


Fig.8.4 *Cranial Bone*

The suture lines in the cranial system form zigzag pointed protrusions that have a function in receiving stellar vibrations. From these structures subtle energy information channels spread out through the whole body.

Craniosacral Anatomy Sensitivity Exercises to become Aware of the Craniosacral Rhythm

To be able to understand the craniosacral system we have to look at some simple anatomical charts. The cranial bowl contains 10 major external bones, five of which will be used during our meditations: you can see them in the drawings below.



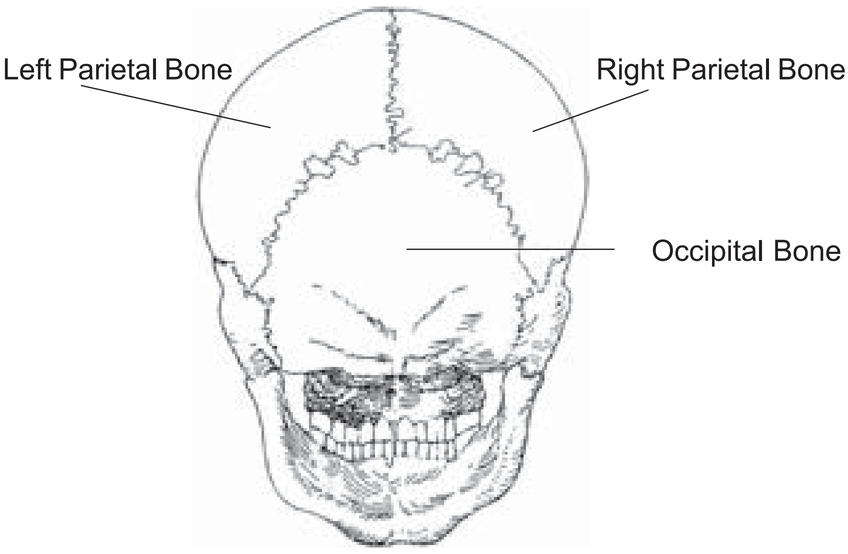


Fig.8.5 *Skull Front and Rear View*

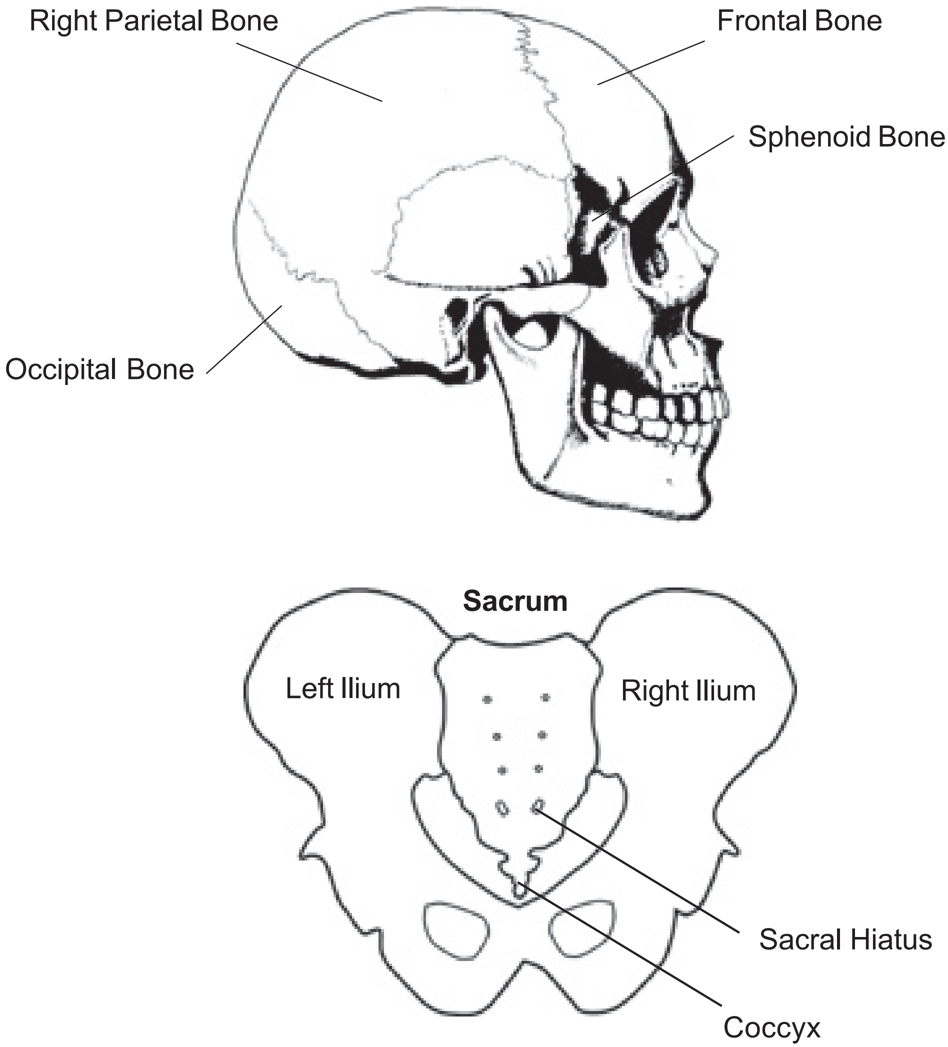


Fig. 8.6 *Craniosacral System*

As described before, the craniosacral system has a high and low tide according to the movement of the cranial bones and membranes in the cranium. Each individual bone has a very specific movement plus a bending factor of the bone itself. This means that the bones can actually bend like a piece of hard rubber. We can also see a general movement of the cranium (seen as one piece). In the flexion stage the cranium becomes wider and shorter. In the extension stage the skull becomes smaller and longer. You can compare it with a balloon you hold on both sides. If you softly press and release every 6 to 7 seconds, you get an effect similar to the cranium during flexion/extension.

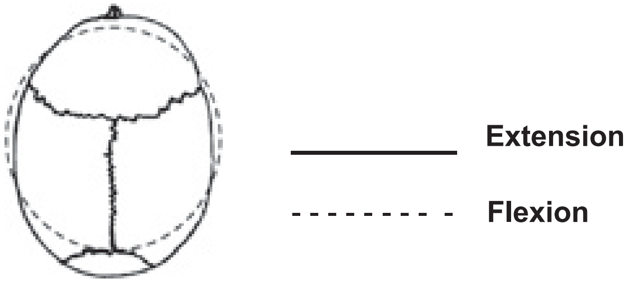


Fig. 8.7 *Flexion and Extension Stage*

Simultaneously, the sacrum will be in a more vertical position (if you lay down) in the flexion stage and a more horizontal position in the extension stage.

In the flexion stage, the arms/hands and legs/feet have a slight outward rotation. On the extension stage they make an inward rotation.

Spend some time feeling this rhythm in your head, arms, hips, sacrum, legs and expand the movements into the aural field. You will feel a deep relaxation and at the same time a great improvement in your sensitivity and body awareness.

Five Elements - Five Star Palaces - Five Planets - Five Cranial Bones

The five planets are the physical representation of the different awareness layers in the solar system and at the same time a materialized form of the law of the five elements. This five elements law is an important foundation in ancient and modern Chinese society. In medicine, astrology, politics as well as in a variety of other fields this principle of five elements is used.

There are Taoist meditation practices where the planets are linked with the cranial bones. But in some methods connections are made among the stars and the sutures between the crainal bones. One comparable Taoist meditation of unknown origin places the planet Saturn in the heart, Mars above the head, Mercury under the feet, Venus in the right palm and Jupiter in the left palm. The cranial system is our own compact mini-representation of the five planets or the more central part of the solar system and on a larger scale the five star palaces. It is in direct connection with this planetary/galactic/five element world and reacts directly on all information coming through this channel. From the cranial bowl, the energy moves down into the organs and different body systems.

Awareness of the cranial system and its connections to the planetary/galactic and five elemental forces helps us to:

* Create a direct contact with the universe. It is an enormous energy source.
* Get insight in our karmic charge, how the soul is basically influenced by some and less by other planets/stars.
* Develop the ability to understand our present lives, our reactions, our physical, emotional, mental condition.
* Acquire an ability to stabilize these imbalances.

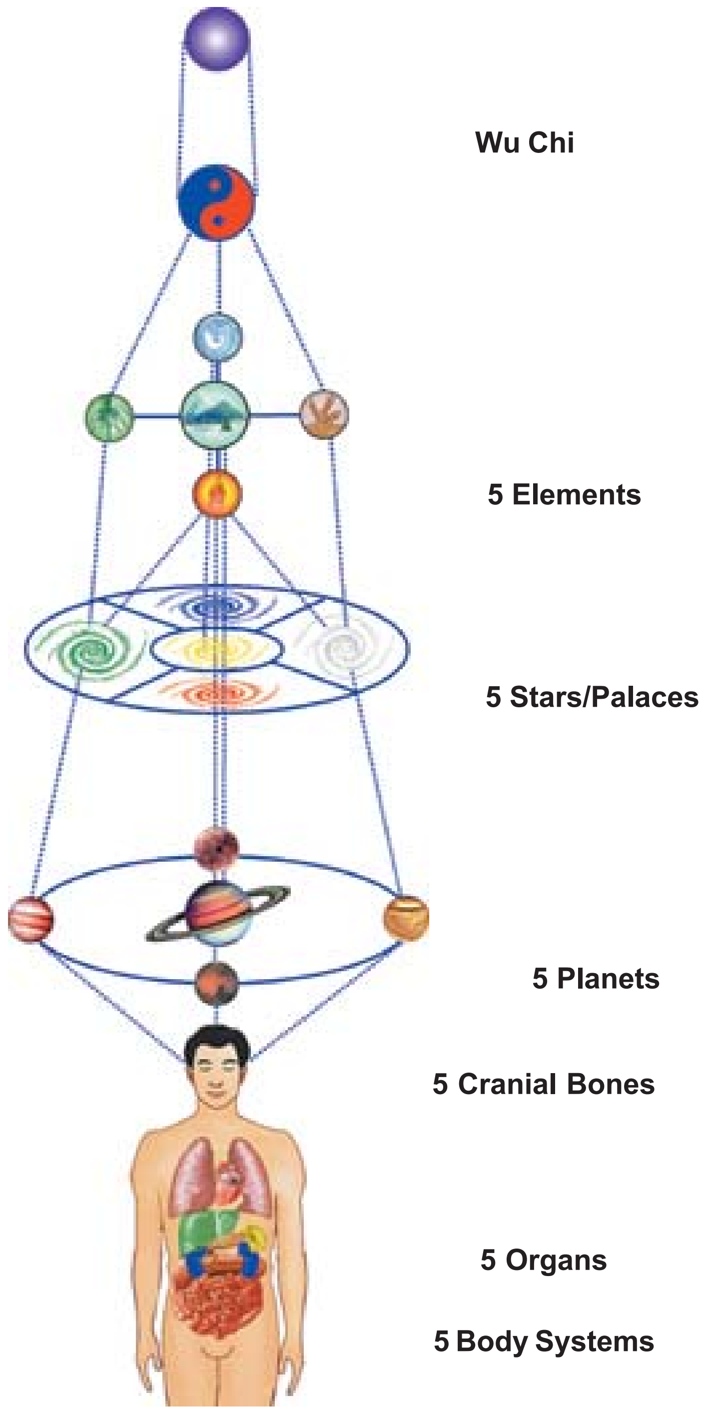


Fig. 8.8 *Five Elements, Palaces, Planets, Cranial Bones*

Once a clear connection with the planets is established, the galaxy energies from the five palaces can be integrated. See chapter 11, Meditation 4. On a high level, a direct contact with the law of five elements in the vibrational world can be achieved.

The bone structure is our most dense body system. The crystalline and mineral structure of the bones has (besides its supportive function) a primary function in attracting high frequencies. Also, the hormonal activities in the glands in the head have an important role. Both the hormones and mineral structures are very condensed substances that have the ability to attract extremely high vibrations: spiritual energies and star frequencies.

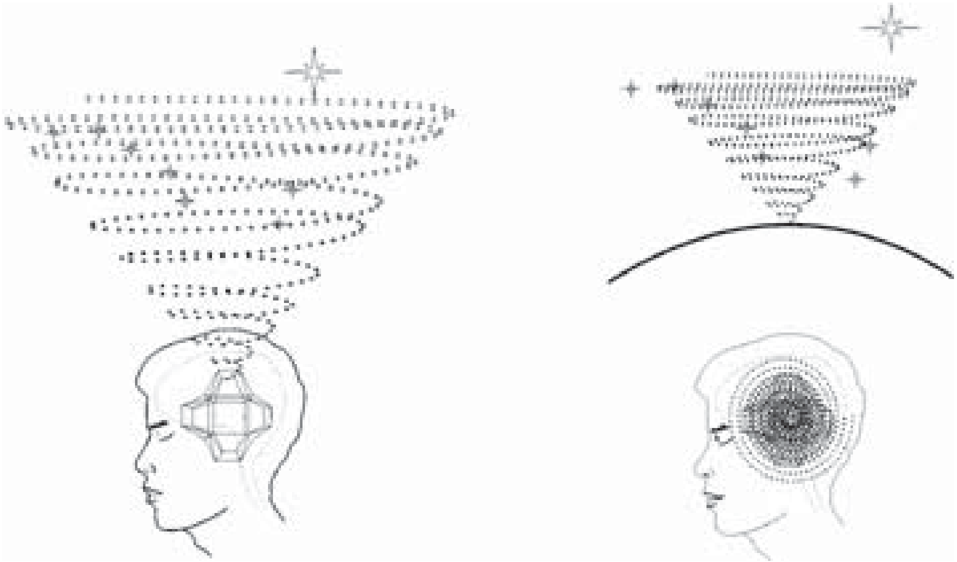


Fig. 8.9 *When the Crystal Room is open, there is a Universal Connection; when the Crystal Room is closed there is no Universal Connection caused by too much Mental Activity, Stress, Low Energy and Negative Emotion.*

The glands serve as transmitters and transformers of the subtle (high) energy frequencies, which can then enter into the organs and the layers of the body with a lower vibration. These vertical connecting channels can only be experienced in the silence of the empty spaces between the turbulent horizontal activity caused by the emotions and thoughts. The planetary and stellar connection generally depends on two different factors: prenatal and postnatal.

Prenatal

The karmic information, based on the tasks and messages the soul has received during the incarnation process (according to the sum of past life information).

Postnatal

The physical, emotional and mental condition determines the ability to receive information from the universe. If we get very busy, and mentally overactive, stress gathers in our body and the feeling of separation will increase in and outside of ourselves. In this way the left brain becomes very active and a state of separation from the environment and an inability to connect with ourselves arises. This condition makes it impossible to take in information from the universe.

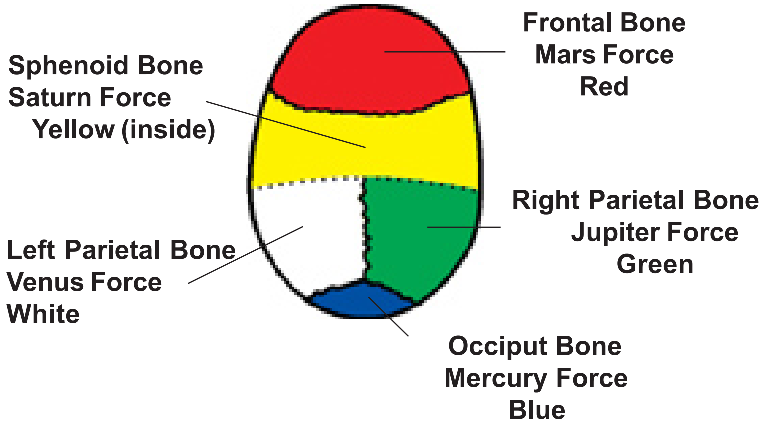


Fig. 8.10 *Top View of the Cranium*

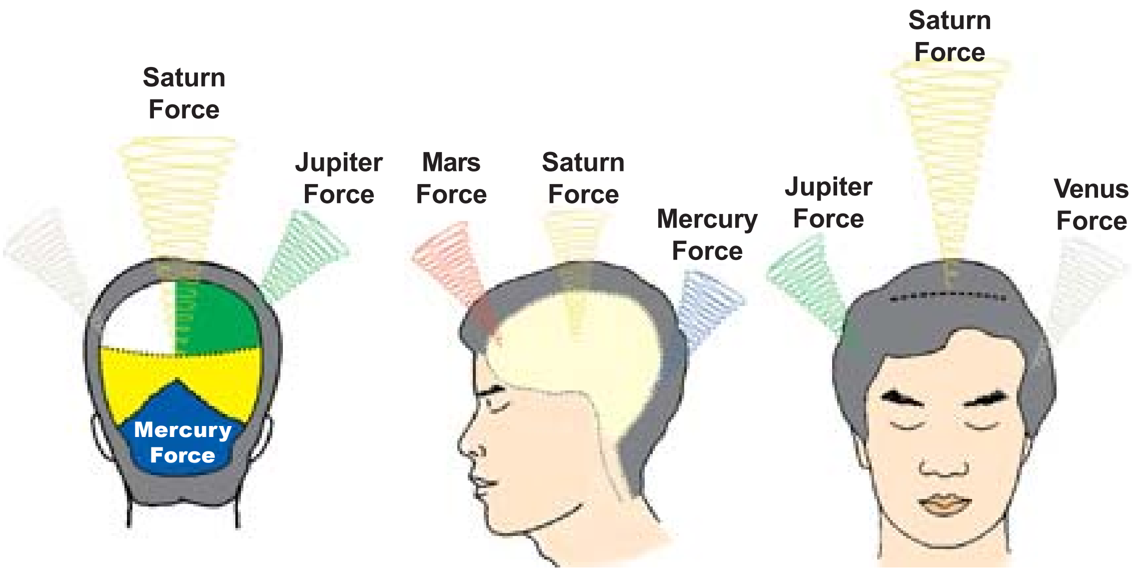


Fig. 8.11 *Back View, Left Side, Front Side of the Cranium and the Planet Forces*

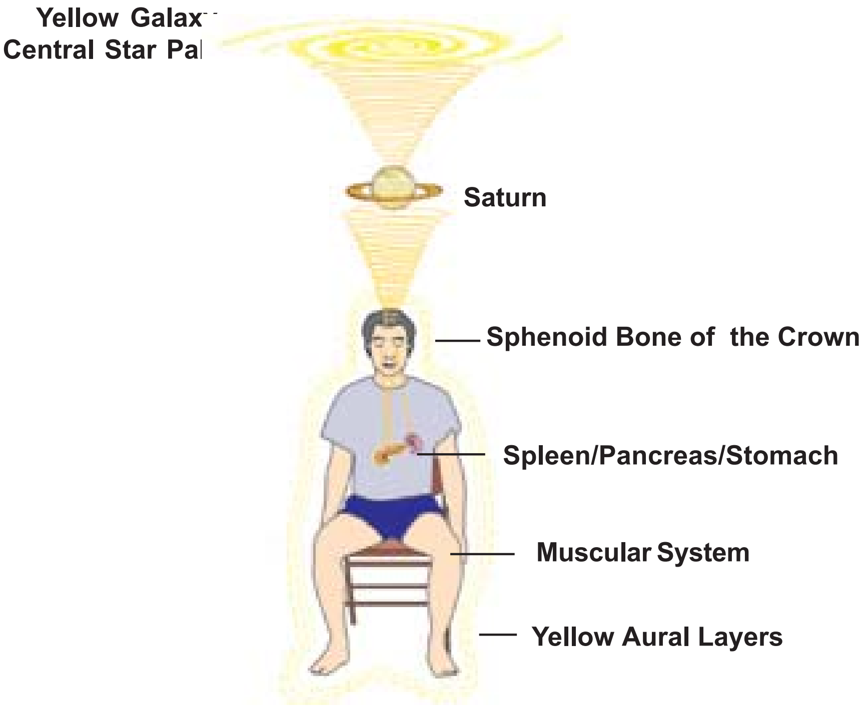


Fig. 8.12 *Earth Element*

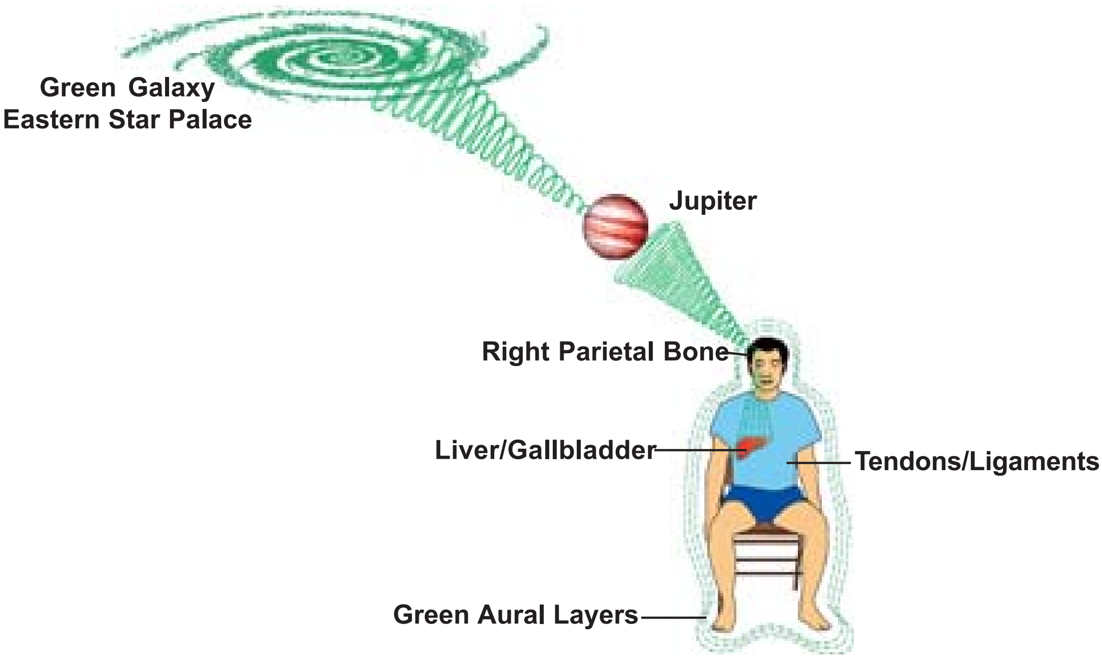


Fig. 8.13 *Wood Element*

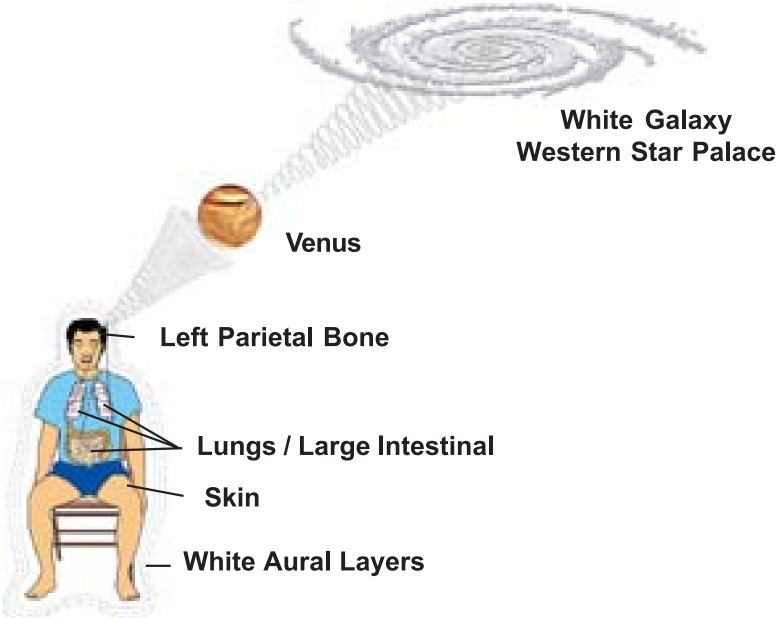


Fig. 8.14 *Metal Element*

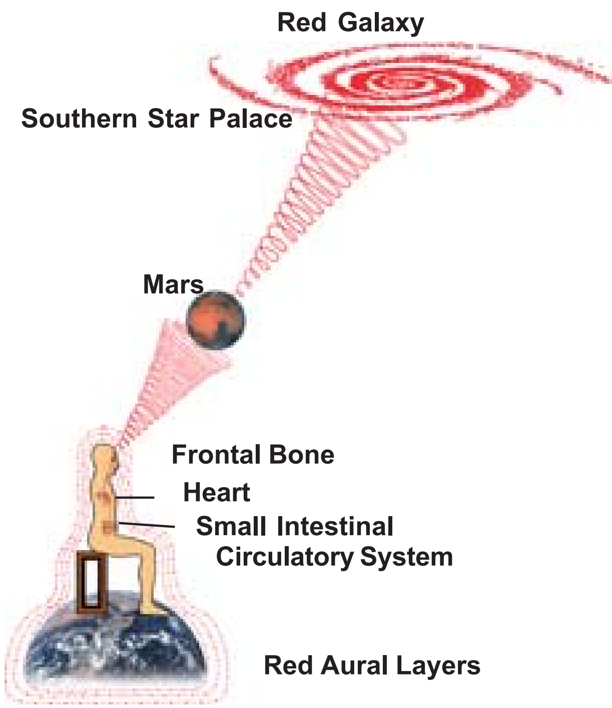


Fig. 8.15 *Fire Element*

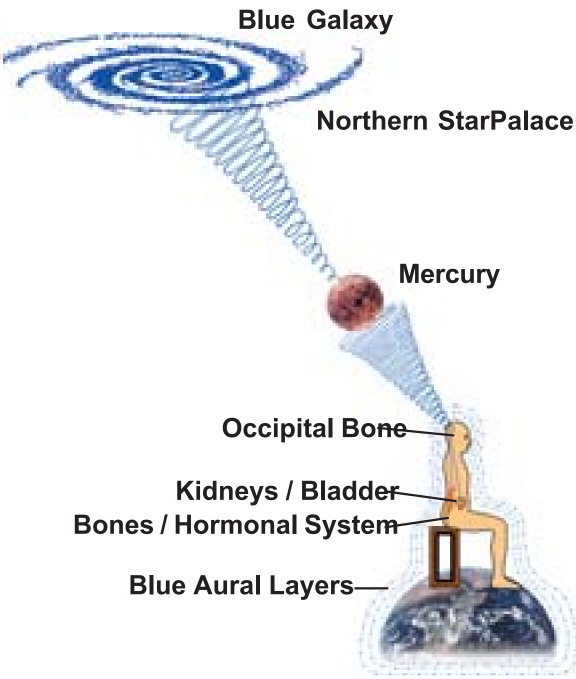


Fig. 8.16 *Water Element*

Balancing the Planetary Energy with Nature's Energy and the Earth Force creating a more Harmonious Energy Quality

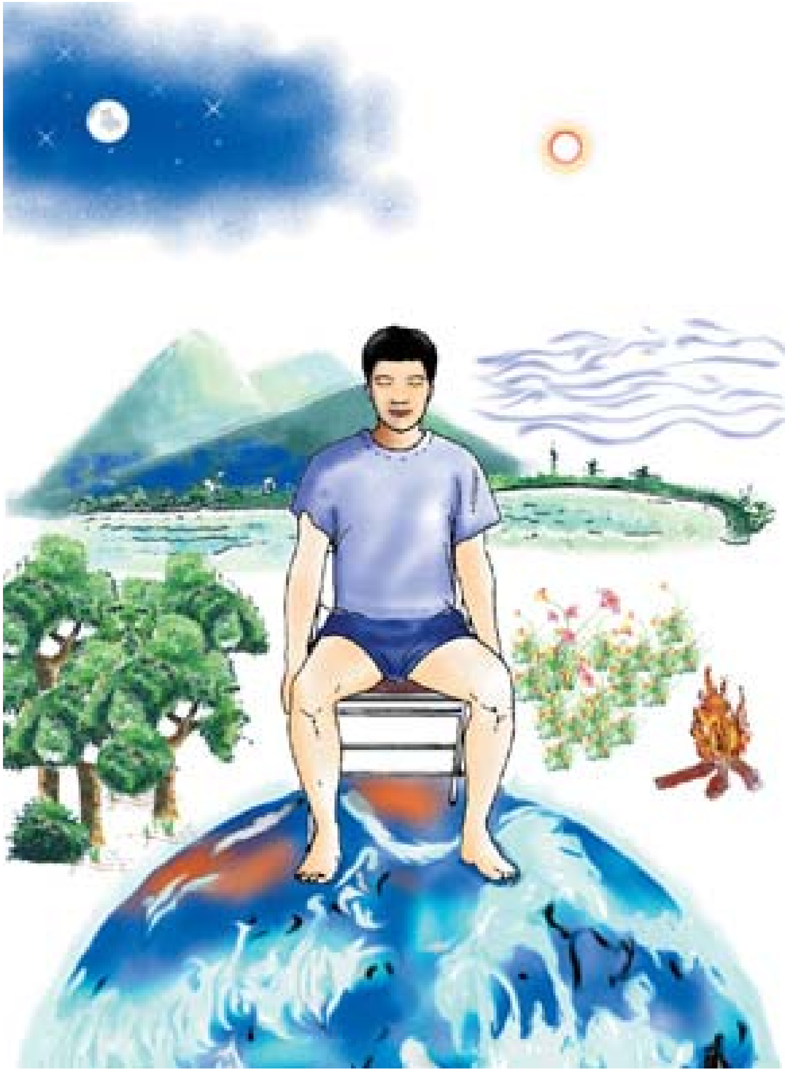


Fig. 8.17 *Inner Balance*

To prevent overheating it is necessary to mix the planetary or heavenly energy with the five nature forces and the cooling energy of the planet earth itself. The combination of planetary and five earthly elements gives a more balanced and stable energy. We can breathe in these energies through the third eye or the skin to the related organ or directly through the navel area in the center.

Five earthly connections for the planetary energies are:

Jupiter	-	Liver	-	Wood/Tree Energy	-	Green
Mars	-	Heart	-	Fire/Flame Energy	-	Red
Saturn	-	Spleen	-	Earth/Soil Energy	-	Yellow
Venus	-	Lungs	-	Metal/Mountain Energy	-	White
Mercury	-	Kidneys	-	Water/River Energy	-	Blue

The energies of the wind, sky, thunder, lightning, lakes and flowers are also very useful. All natural energies are a direct source of cosmic energy for us.

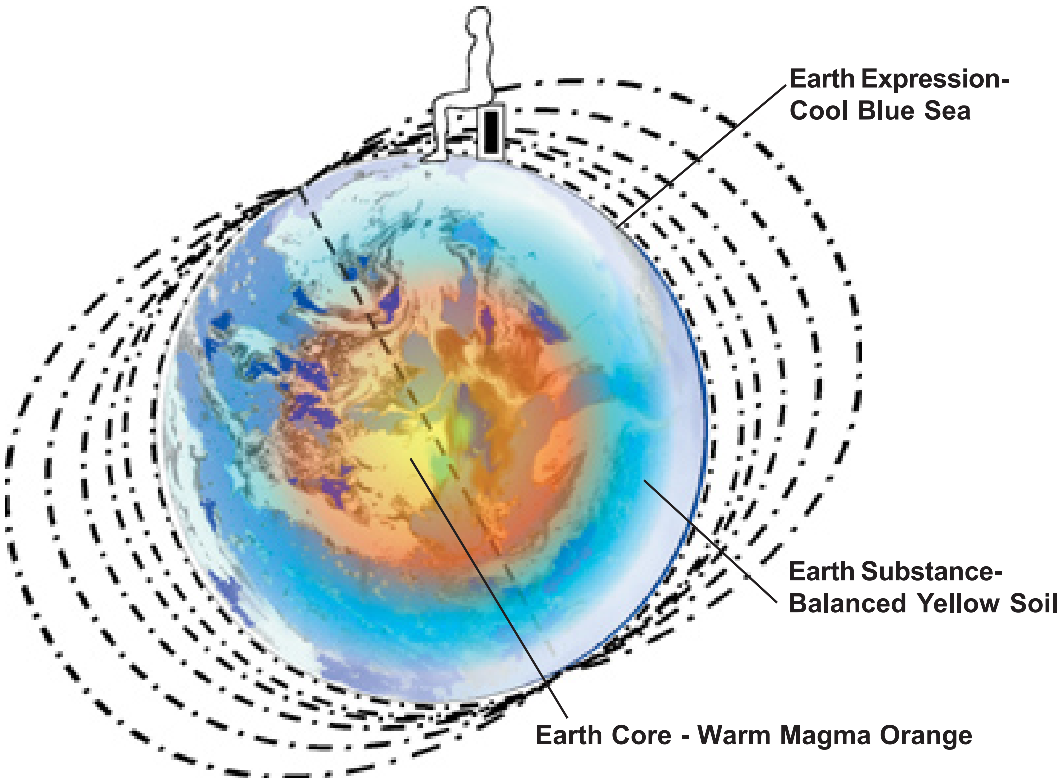


Fig. 8.18 *Three Aspects of the Earth Force*

Three Aspects of the Earth Force

The planet earth has three different energies. Many discussions about the energetic quality and color of the earth and other planets is based on the fact that different people tune in on different planetary layers or use another method of looking at things. Always give yourself enough space to perceive energies in your own way, but know at the same time that if you perceive the energy and color differently from someone else you are probably tuning in to a different energetic layer. If we tune into the earth, we connect to the earth/soil quality which is yellow. If we tune into the energy radiated by the earth created by the centrifugal force, we receive blue, cool energy.

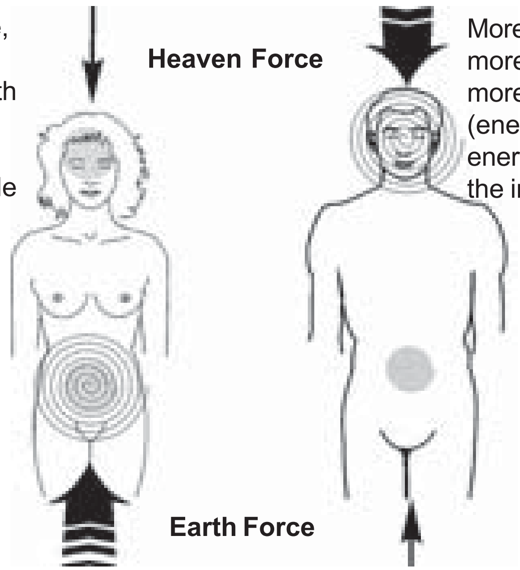
If we go deeper into the earth with our mind and bring this energy into our body we can perceive orange/red, related to the more central part of the earth (fire, magma).

The inner earth has a very different quality. Not only is the temperature very different, but also the movement and speed of the central part varies with that of the outside layer.

The inner earth relates more to the deep female qualities while the expession of the earth is the male quality. Exactly the same discussions occur about male/female energy qualities as with planets and again it is just a matter of where you are tuning into.

According to the Taoist masters, women are more yin, in their overall energetic constitution. In the same way that the earth's (the female source) center has a different energy. Women are warmer inside than men. This warmth is also found in the quality of the eggs in the ovaries. Taoists knew long ago that the eggs and the earth/moon energy are directly related. Understanding this relationship, they knew that the fertilized ovum had a similar turning motion similar to the planet earth. Western science has discovered this turning motion only this century. Men on the other hand have a more warm energy on the outside, but deep inside their basic quality in accordance with the sperm is cool.

More earth force influence, more energy in the lower body; more density/warmth in the Lower Tan Tien (stability of the egg) and softer/cooler on the outside of the body.



More heaven force influence, more energy in upper body; more dense/warm outer layer (energy related to the sperm energy) and softer/cooler on the inside of the body.

Fig. 8.19 *Heaven and Earth Forces*

The core of Taoist practices is to balance the Yin and Yang – Male/Female Forces. To be able to integrate the high frequency forces of the universe, we have to create counterforce in our own body and inside the earth. This, we can do most easily by activating the inner frequencies in the pelvic bones. They are very directly connected to the five inner colors from the earth that is originating in the Earth star. Especially for women, it is essential to have the pelvic region and the earthly five elements in their body consciousness. The greater depths of the unmanifested world cannot come into our awareness as long as the secrets of the earth and the physical/energetic body remain unknown to us.

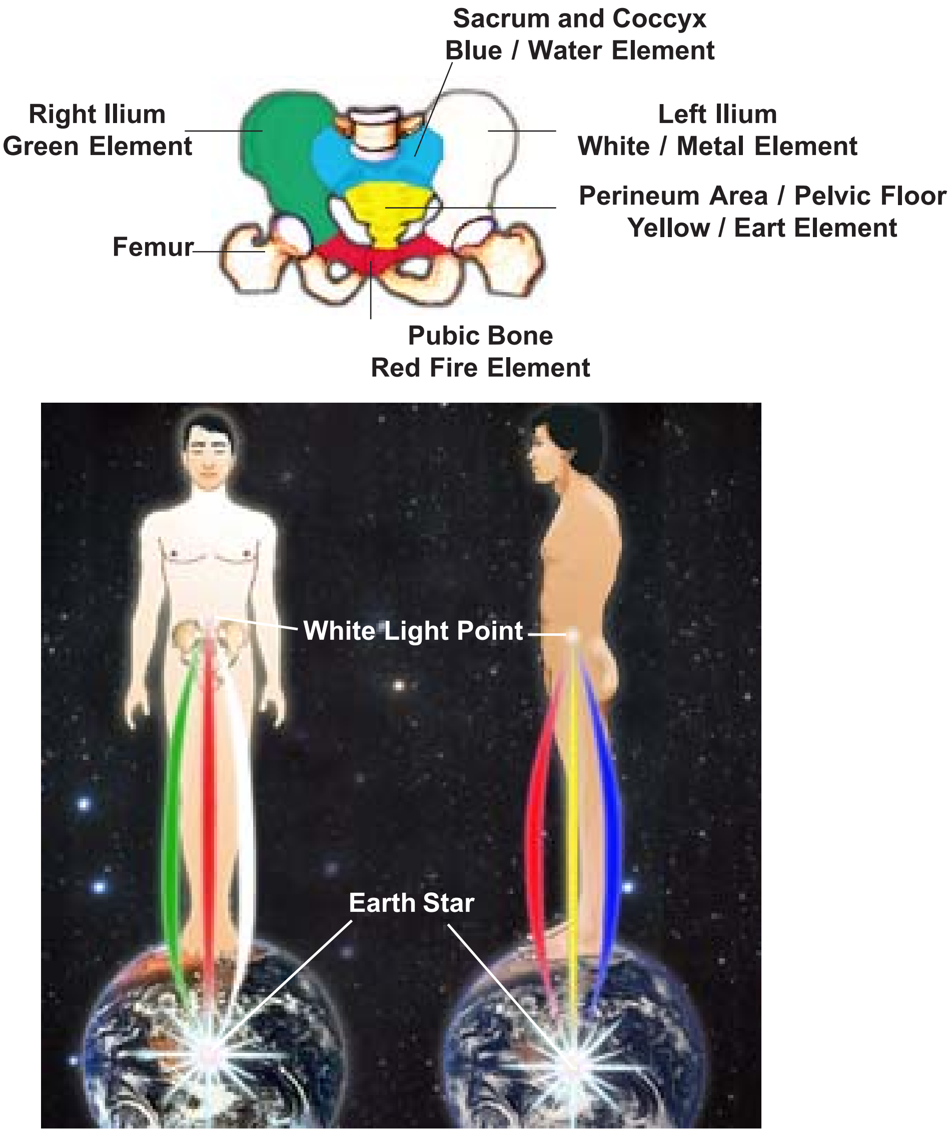


Fig. 8.20 *Pelvic Bones connecting with the Earth Star.*

Relationship between the Five Planets and the Star World

As in the planetary world, the star world is divided into five parts called the five palaces (four directions and one central part)

To concentrate the energy from the galaxies, all energy can be visualized in one central star in the middle of the galaxy.

The five palaces in relationship with the 28 lunar mansions are fundamental in Chinese astrology. The 28 constellations are divided into four groups of seven around the central palace of the North Star, the Big Dipper and related stars. There is a total of one hundred and eighty two stars collected around the central palace. In the past the four groups of constellations were seen as four giant constellations related to the following animals.

Green Dragon	- East	(32 Stars)
Blue or Black Turtle	- North	(35 Stars)
White Tiger	- West	(51 Stars)
Red Bird	- South	(64 Stars)

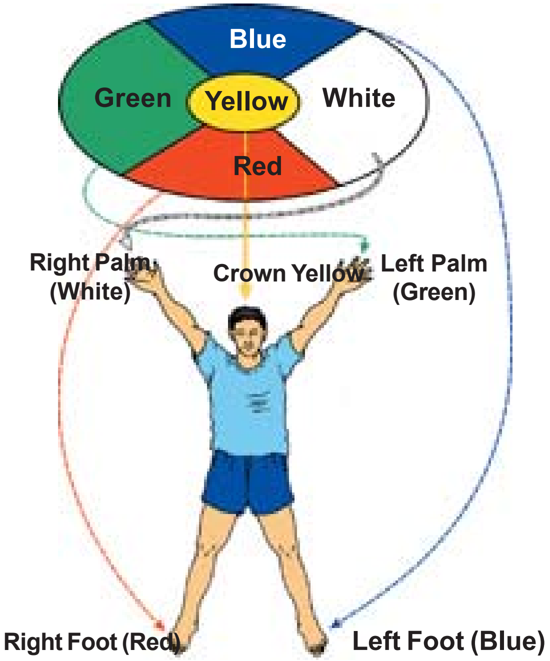


Fig. 8.21 *Colors*

These mythical animals were called the guardians of the four directional palaces.

In the Taoist immortality practices of Kan and Li, the palaces are connected with the hands and feet. Through the connection of the extremities and the crown with the five palaces we can integrate the galactic energy more easily.

Long ago the planets were seen as special stars related to the five elements :

Fire Star - Mars
Earth Star - Saturn
Metal Star - Venus
Water Star - Mercury
Wood Star - Jupiter

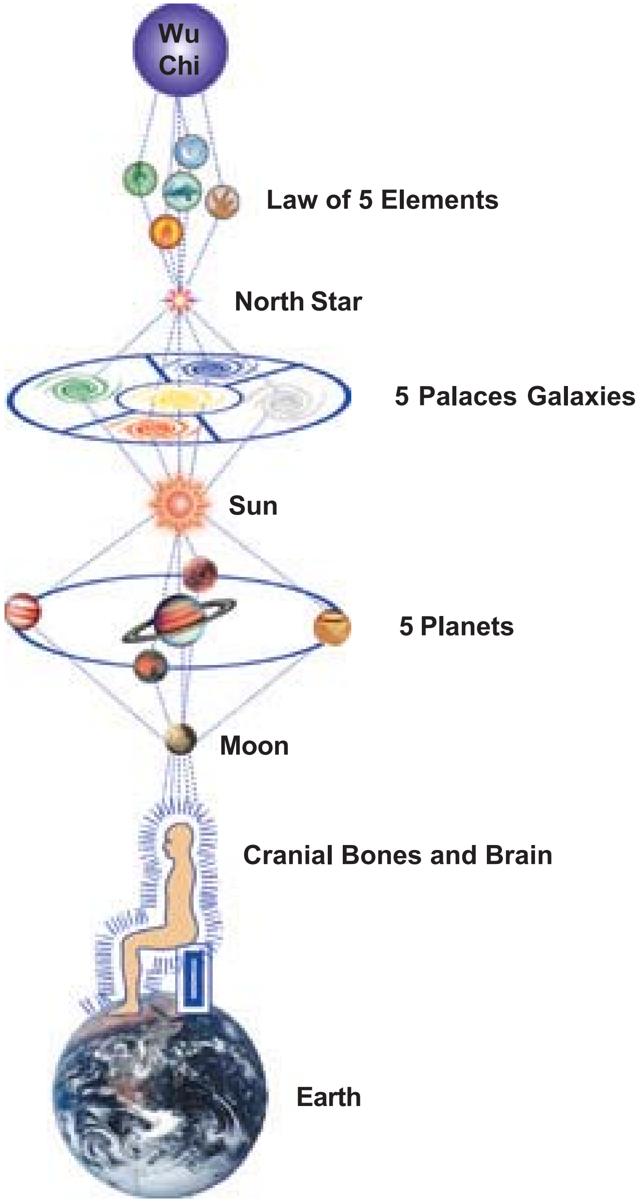


Fig. 8.22 *Universal Forces*

The North Star is the balancing point above the galaxies and the sun is the balancing point above the planets. The sun and the North Star are gates to a higher dimension and frequency in the universe. In order to pass through these gates a balance and integration of the underlying energies is required.

Earth and also the moon will be used to keep the grounding and to integrate the high frequency energy in the physical body.

The galaxy meditation of the five palaces brings the energies of all stars and galaxies placed in that direction of the sky together in one galaxy.

Balancing the Cranial System

Many therapists work with techniques on the craniosacral system these days. In the last 20 years craniosacral therapy has evolved to a great art of bodywork to create balance, release blockages and energize the body. Most of these therapists work with the bones, the membranes, the fascia and the cerebrospinal fluid. Planetary and stellar energies can create an extra dimension to this art because it helps to get closer to the origin of the system and how it relates to Universal principles. In many cases the craniosacral system is treated as a separate unit of the body or, by some therapists, as the only important system in the body. Miracle therapies have been brought forward many times throughout the ages but after a while it always becomes clear that they are just another part of the puzzle. The Universal laws organize all the parts of the puzzle. Stellar and planetary initiations can be a valuable method to create an extra dimension in the consciousness and deeper understanding of healers and bodyworkers.

The meditations described in this book demand only a basic theoretical and practical knowledge. Essential, however, is sensitivity and energy cultivation. Of course, people with a deeper understanding of the craniosacral system can integrate the meditation and awareness practices into their regular treatment method. More detailed descriptions of how to use the meditations during treatment will be published in a book on the therapeutic applications.

Since the origin of this method is located in the world of the soul and spirit, balancing the planet and star energies will result in deep, long lasting changes in the life of the practitioner and the patient. When the energies get balanced, Universal information naturally reaches you in a more harmonious way. Many of the blockages on a physical, emotional and mental level will get connected and receive the information that was missing before. As a result of the balancing they will gradually dissolve.

It is necessary to realize that the bodyworker/healer of the future will have an important teaching task. The qualities required to practice as a therapist in this new age are a fusion of awareness with knowledge and sensitivity with skill.

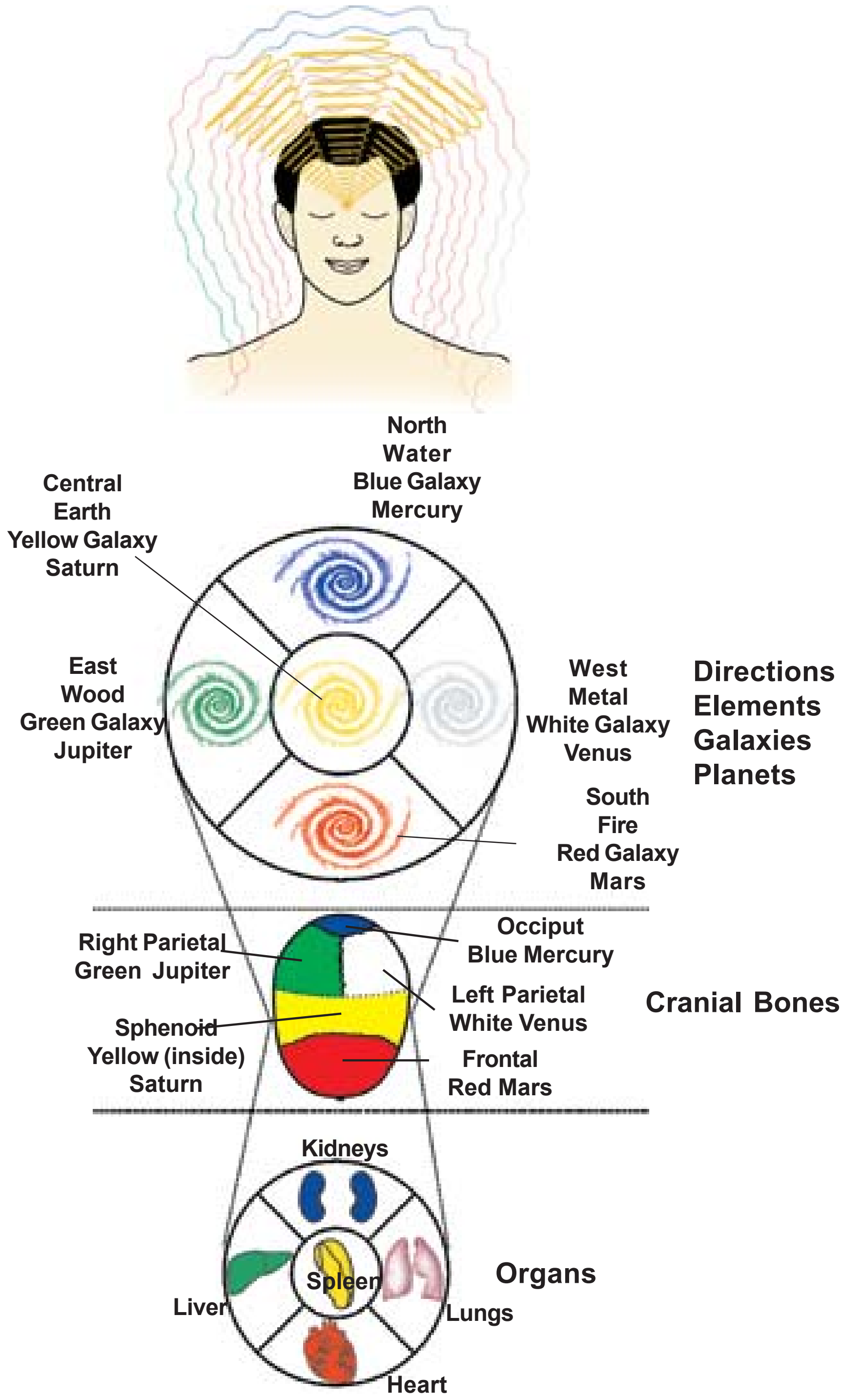


Fig. 8.23 *Integrating the Different Frequencies into the Cranium.*

Chapter IX
How to use Planetary Forces in your Life

In cranial osteopathy the sphenoid bone is considered to be the central, mechanical, driving bone. It connects the temple bones and forms the central axis of the cranium where all major cranial bones are attached. In the planetary world of our solar system, according to the five elements, the earth element and saturn are the central aspects. The central yellow galaxy with the yellow star in its core is the earth element of the star world. The four other planetary/galaxy connections of the cranium are functioning as two complementary couples paired up around the central point. The five planets are ruled by the sun.

Sun - Moon

The sun/moon balance is an important preparatory practice, (see also Meditation 1 in chapter 11). The sun and moon energies form a major influence in the development of human consciousness derived from the more primitive life forms (mammals and reptiles).

	Biological evolution
Neocortex: Self-Consciousness, Human	200 million years ago
Limbic System: Feelings, Emotions, Mammal State	300 million years ago
Brain Stem: Basic Life Features, Reptile State	500 million years ago

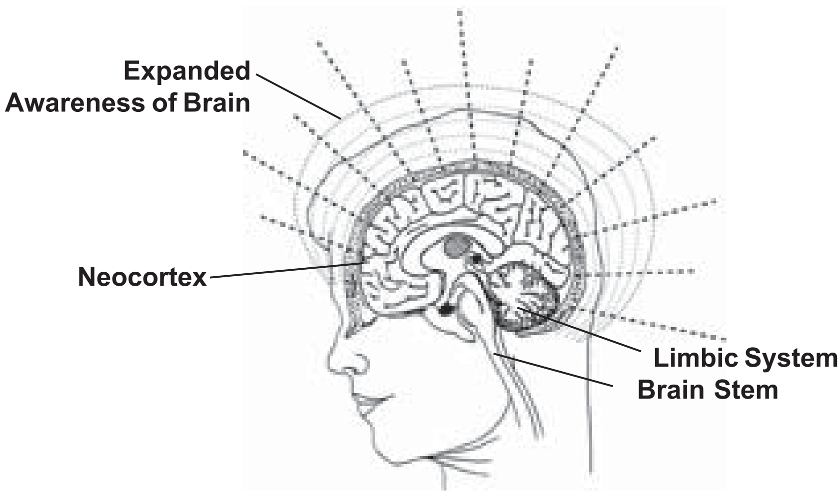


Fig. 9.1 *Limbic System - Brain Stem - Neocortex*

The development of the neocortex as well as the etheric brain is the end product of a 500 million year process. About 100 million years ago, the multiple layer structure of the neocortex was formed. This process is still in evolution. Only at the highest level of awareness can the neocortex expand energetically beyond the physical boundaries of the skull. This expanded aural brain shows connections to the godly level, clairvoyance, vision and enlightenment. This is similar to the golden crowns or halos that are seen in paintings of Christian saints.

The hot essence of accumulated yang energy generates fire and gives birth to the sun. The cold essence of accumulated yin makes water and gives birth to the moon. Sun's cloud soul and moon's white soul are the yin and yang manifestations of the energy around our planet.

As heaven is one, the yang is realized in three: heaven, sun and constellations. The associated animal with sun energy is the three legged crow. This sun crow stands for the lively consciousness. Names that were used for the sun are "Radiant Numen" (Yao Ling), "Vermilion Luminosity" (Chu Ming).

As in most cultures the Taoists saw the sun as the supreme life giving force on earth. The crow in the sun belongs to the west (metal energy), it is of the yin class and in this way clarifies and balances the light of the sun.

The moon is the grand yin aspect and complementary to the sun. The moon animal is the toad; its nature is cold and watery. The toad on the moon belongs to the east (wood energy); it is of the yang class, which strengthens and illuminates the moon.

The moon plays a vital role in planetary existence and its value is frequently underestimated. This point is based on the social status of women in the east but also the imbalanced view of male/female energy around the world. The moon is the 'potential' around the world - the receptive form of spirit. Its true brightness is latent and dependent on the light of the sun. But its cool yin energy is constant and independent. Men have lost the ability to see light and feel energy in the dark, due to a lack of inner peace and silence.

The moon is the magic mirror, reflecting consciousness in the sunrays and bringing them to the core of the body, to our sexual potential. The water energy is closely related to the sexual energy and all body fluids. The phase of the moon strongly influences all fluids in the body and from there, human behavior. The moon's journey around the earth represents the yin principle in the cosmos and in our world.

The sun has a connection with the third eye and the pituitary gland. It is the star connected with consciousness and future vision. It functions as a source of consciousness and compassion and a gate to the higher universe. The moon finds its most important entrance point in the sacrum (the sacred part) and represents the unconscious relation to the past, sexuality and basic instinctive reactions. The place where their essence is stored is located more centrally in the body.

The sun/moon energies contribute in keeping a balance between the Lower and Middle Tan Tien (belly/heart). Imbalances can also relate to the influences of the other five planets. When the five other planets are not in balance it will be hard to receive the deep frequencies of the sun and the sexual energy will get distorted. A strong connection to the sun will have a balancing function throughout the whole body.

Once the sun energy is collected in the heart and moon energy in the sexual center, these two energies can be moved towards the Lower Tan Tien. The most vital blood channels in the body, the aorta and the vena cava, can be used for this: The artery system, which the aorta belongs to, distributes the blood outward. It works with clear, red, oxygenated blood and is more yang/future oriented, so it has more sun qualities.

The vein structure like the vena cava withdraws the blood from the outside. More bluish or dark blood is transported here, which will first go through the kidneys to be purified. So it is a more yin/past oriented system and has moon-like qualities. Harmonizing the aorta/vena cava and the rest of the cardiovascular system will magnify the sun/moon meditations.

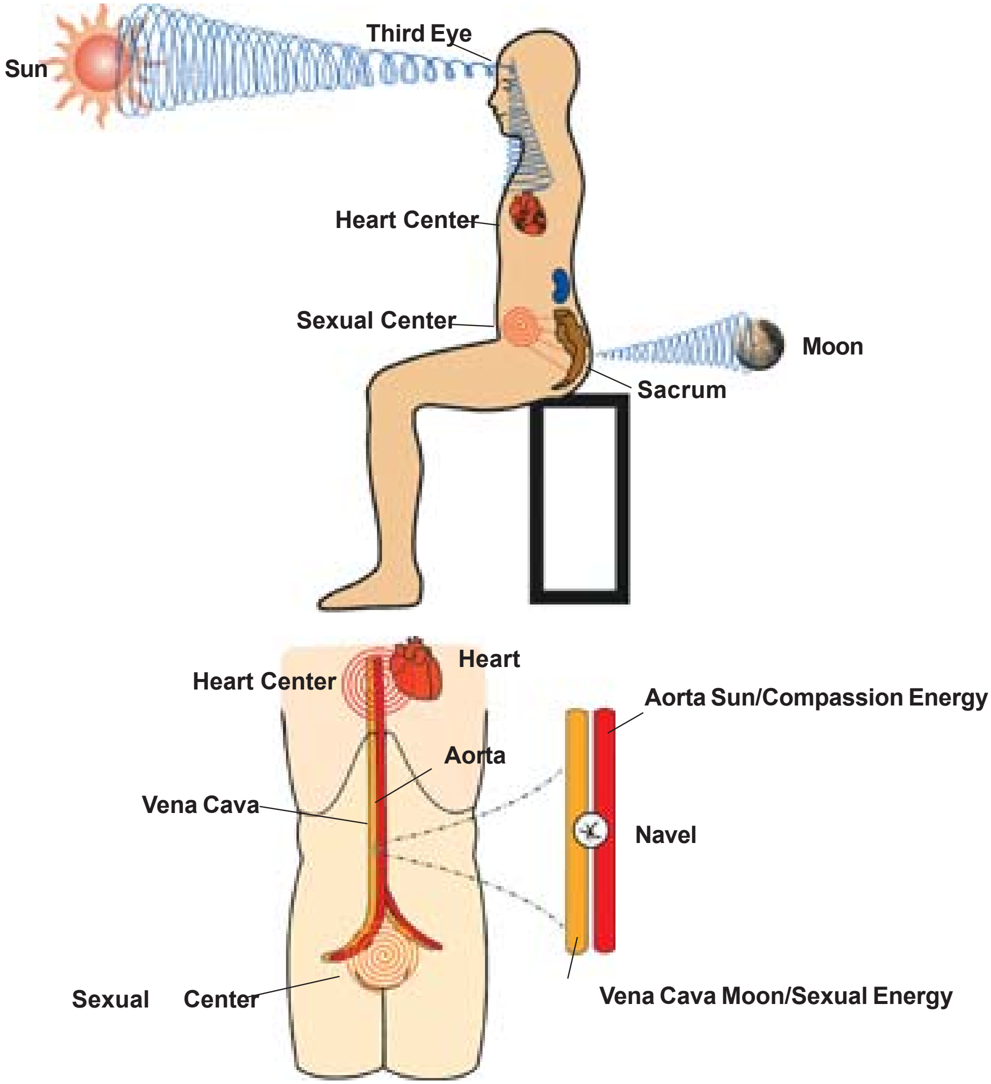


Fig. 9.2 *Internal Organs*

A strong moon connection can give access to deeper unconscious behavior and gives us the ability to shine a light in the dark or transform unconsciousness into consciousness. The sexual essence governed by the moon energy will stimulate all energies in the body, both positive and negative. A strong stimulus of the moon energy without an open sun connection can cause emotional problems and distorted sexual behavior.

In the Taoist way of energy cultivation the sun controls the hours between midnight and noon (yang energy). The moon controls the energy between noon and midnight (yin energy). Sometimes it is said: All hours of sleep before midnight count double, because of the strong yin energy which charges us at that time.

Taoist masters also saw the sun and moon as the eyes of heaven, corresponding to the human eyes. The left eye rational or intellectual brain relates to the sun, while the right eye more intuitive part of the brain relates to the moon.

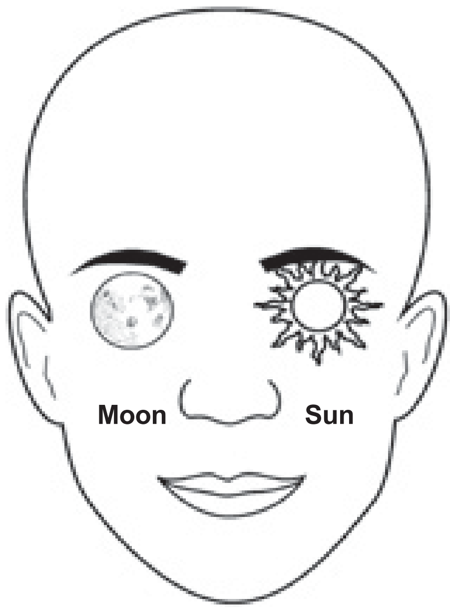


Fig. 9.3 *Moon and Sun*

We can use the sun/moon energies to create balance between the two hemispheres. If used during meditation, always integrate the sun/moon energies in the heart center, third eye and the sexual center/sacrum first. This is to prevent overheating the heart. Practice and integrate Meditation 1 in chapter 11 before you try this meditation.

It is important to utilize the moon/sun frequencies to get a balance between water and fire energy in the body and then to increase the amount of energy of both.

The moon's color is yellow, its essence is red and its rays are silver white. The Taoist practices for the moon are done according to the eight articulations of the moon power which occur during the two solstices, the two equinoxes and the first day of the four seasons.

In the second century manual “Can Dong Chi” the interaction of sun/moon is used in relation to the Daiwa, the twelve directions and the five elements. These pictures contain the deep secrets of the Taoist immortality practice.

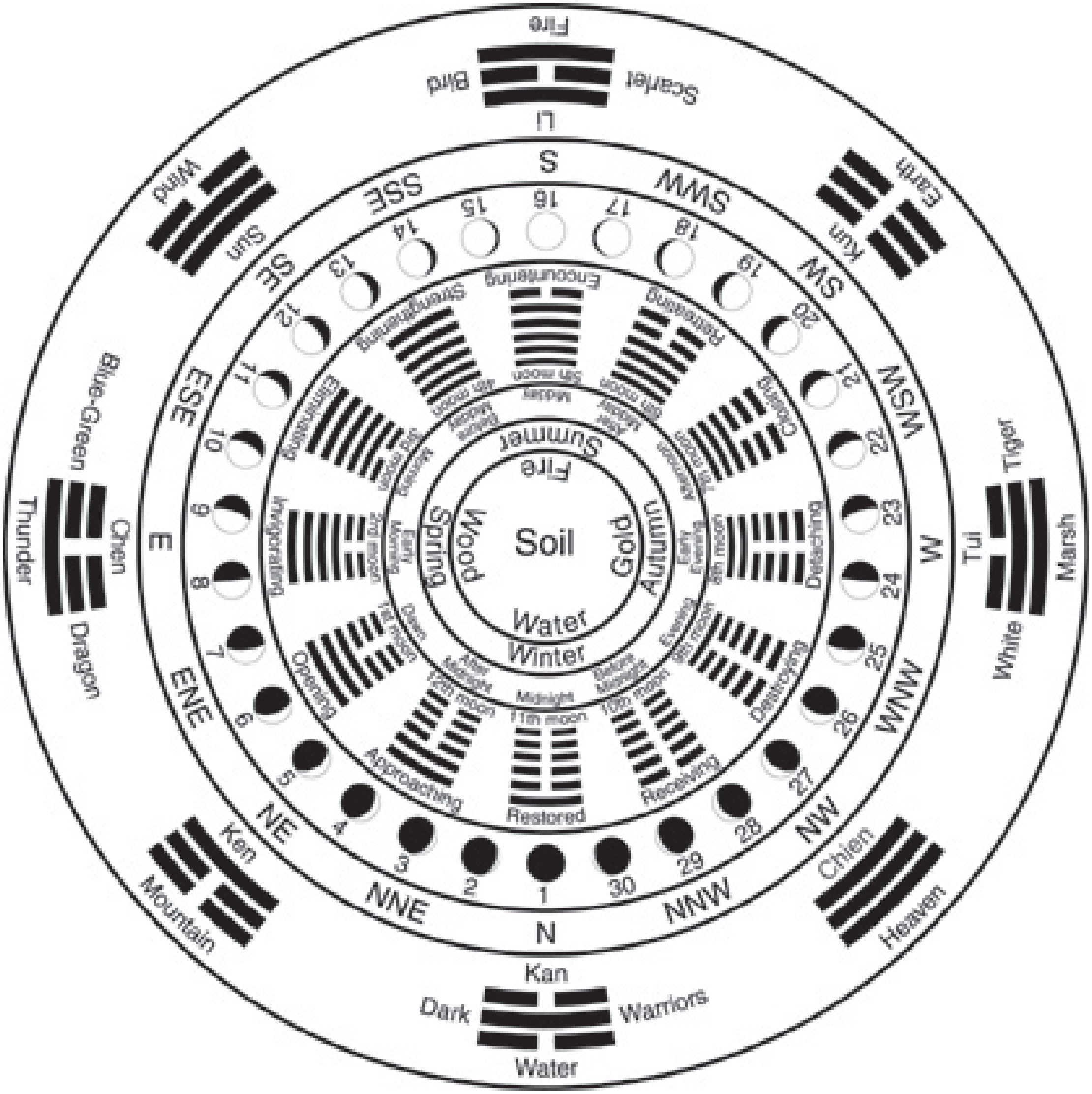


Fig. 9.4 *Method of the Elixir*

Mars - Mercury

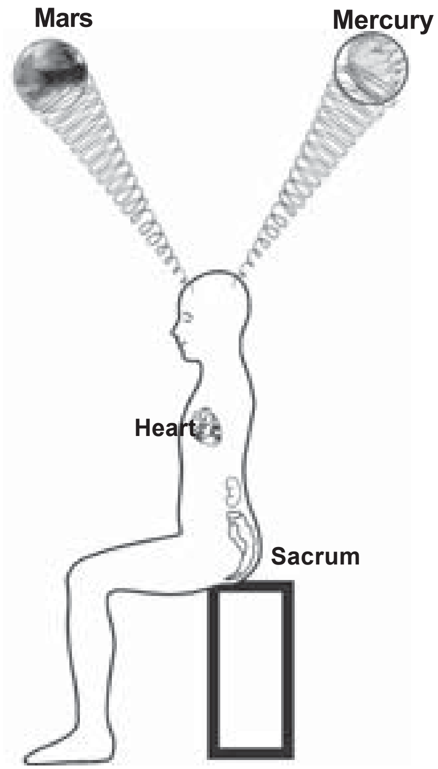


Fig. 9.5 *Mars and Mercury*

Mars and Mercury are the planets of fire and water respectively. They are on a lower vibration level compared to the sun.

The sun is the father of fire and Mars is the planet of fire. Mars relates to the tongue, speech and the physical heart. The heart is placed to the left of center in the chest; the sun is connected to the heart center, behind the sternum and is related to the heart governor. (pericardium). We can say that the sun has a controlling/regulating effect on the heart energy. Medical research on yogis has proved that their physical heart operates more efficiently after many years of meditation and that the tip of the tongue often makes a curve in the palate in the direction of the center of the crystal room.

Mars energy is more male and future oriented. If the Mars energy is too strong in comparison to the other energies, one may get aggressive and too talkative. This is often caused by weakness of the kidneys. Most heart problems are caused by depletion of the kidneys and the sexual energy. If Mars is too weak, the heart function/fire is withdrawn and the person feels weak.

Since the kidneys are the seat of the sexual essence and store the ancestral energy, they have a governing function on the sexual center. If the kidneys are depleted, sexual energy will also be weak. Fire is inactive in isolation and needs the presence of the other elements to stay balanced. Keep the fire in your stove and you won't burn your house down (see chapter II).

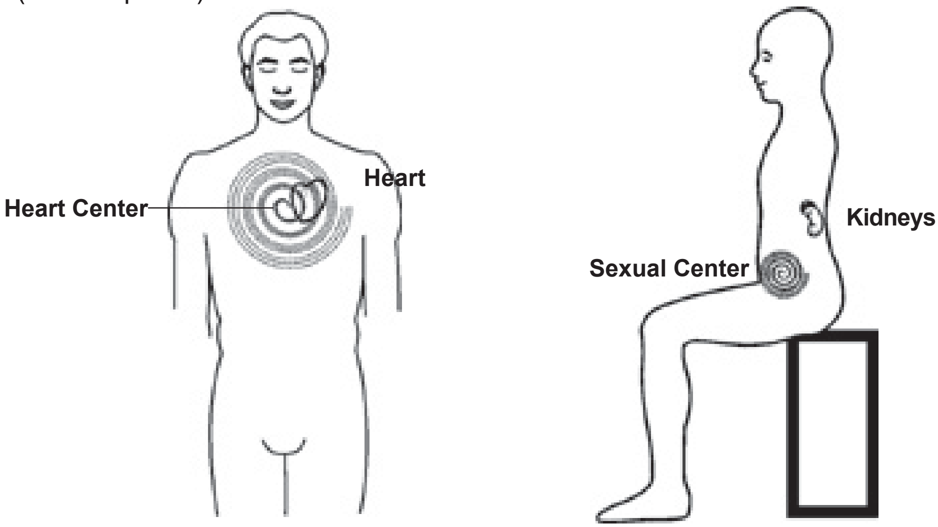
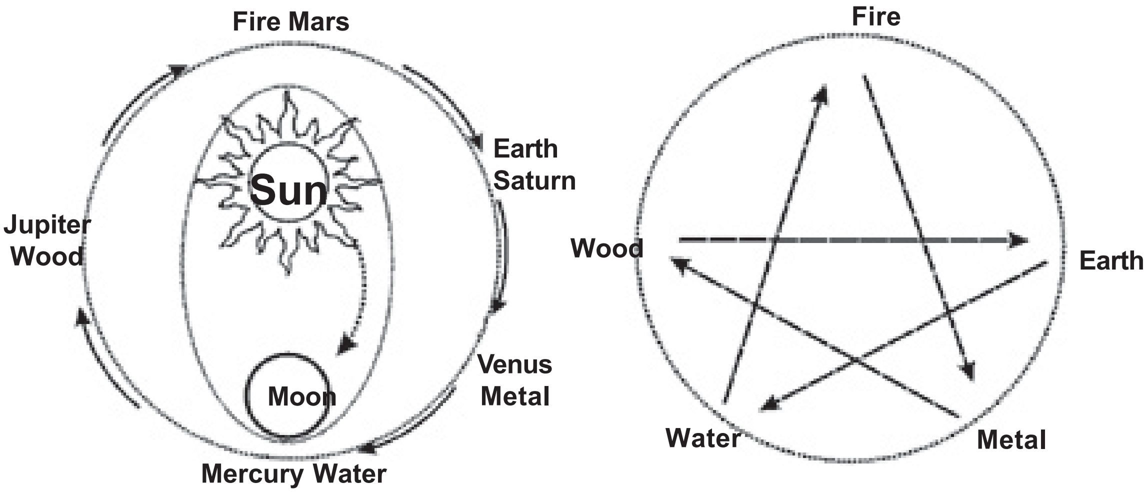


Fig. 9.6 *Heart and Kidneys*

The play between water and fire is found in the controlling cycle of the five elements. Mars and the sun can be seen as fire qualities - Mercury and the moon as water qualities; this demonstrates the double nature in the fire element (primary and secondary fires) and the double formation of the water element (urogenital system).



Mother/Child Creative Cycle **Controling Cycle**

Fig. 9.6 *Creative and Controling Cycles*

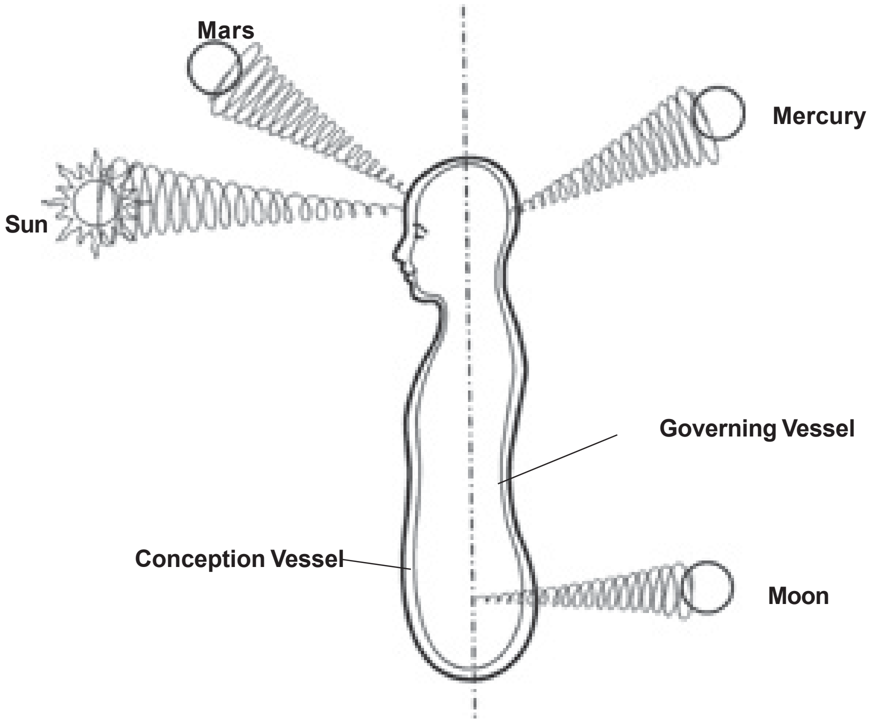


Fig. 9.8 *Conception Vessel Sun-Mars and Governing Vessel Moon-Mercury.*

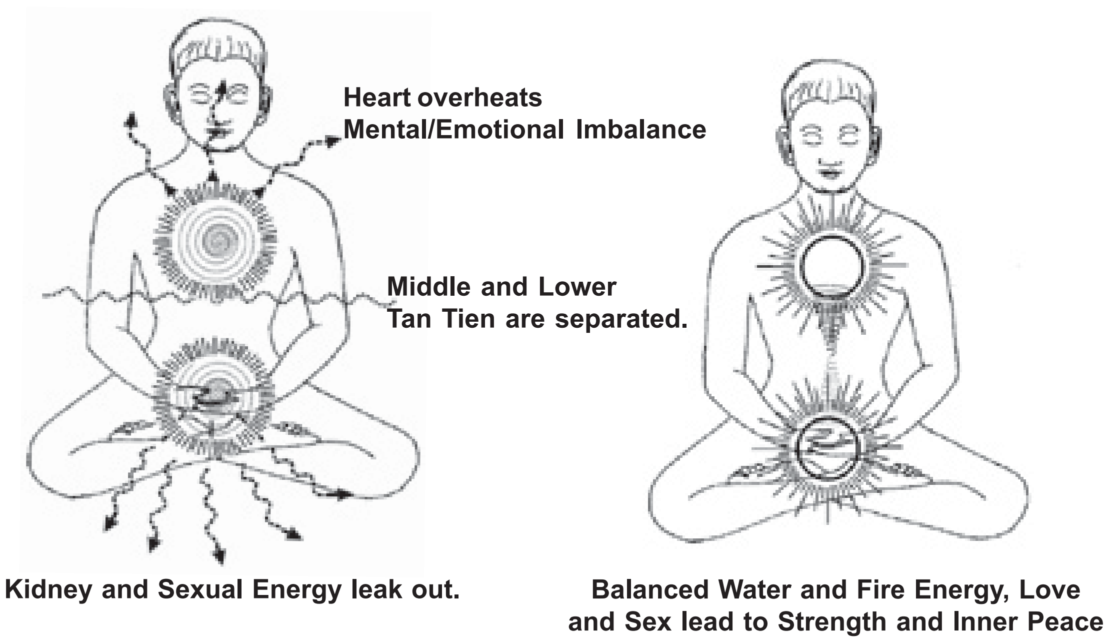
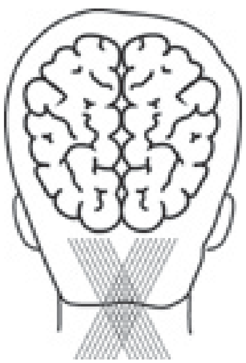


Fig. 9.9 *Balancing Water and Fire*

The sun and moon can be placed internally. In the five element creative cycle water will give birth to wood, wood to fire, fire to earth, earth to metal. It is a cycle of expansion and contraction in five stages (see Fusion 1 book). In the Taoist spiritual practice this interaction is compared with cooking. Water controls fire. If the sexual energy potential dries up, the fire has no more control. At the same time there is a controlling cycle which balances the five elements. Water controls fire. So kidney/sex energy has a cooling balancing effect on heart and heart governor. On the other hand, if the fire is too weak, the body often gets very cold and the spine and hip area can become very stiff.

The water-fire balance is related to the Chi/Jing/Shen interaction and is a fundamental step in the Taoist Immortal Practice, Kan and Li.

The sun/moon meditation and to a lesser degree Mars/Mercury meditation can help people who have problems balancing their life according to the future and past. Today many people are stuck in past experiences. These experiences have an emotional charge and are connected with pain which may be constantly denied or at the most intellectually controlled. For these people, the sun connection will bring relief, more vision of the future and another view of their past. Some are only striving for future experiences, running away from themselves constantly. The moon/mercury meditations will bring them closer to where they come from and to the forces and influences which have shaped their emotional body.



Nerves Crossing in the Neck

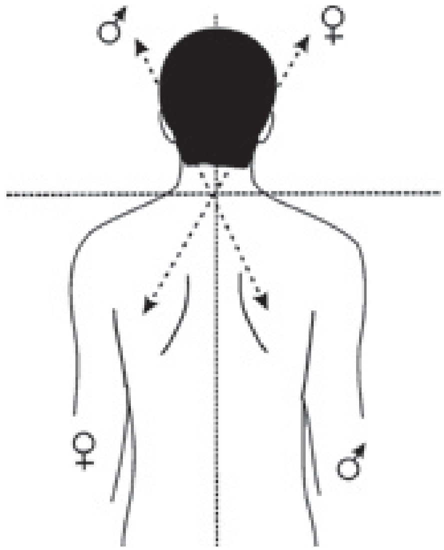


Fig. 9.10 *Body on a Mental/Emotional Level*

Venus - Jupiter

The left/right brain activity has been a popular topic for many decades. As stated before, the focus point in heaven and in the body determines how you will perceive this reality.

There is a strong influence of the five element forces with wood on the right, metal on the left and earth in the middle as the balance point. This is a direct influence from the realm of spiritual law straight down to the physical body (see Fig. 9.11). The Tan Tien energy shows the same structure, according to the energy collection points, just like the initial connection of the spirit with the deep body energy or the Shen with the Jing. This process happens without directly interfering with the lower mental/emotional field. The central stabilizing earth aspect is also found in the energy of the spleen and pancreas.

If we look from the perspective of stars and planets, the core of the activity will be on the emotional and mental level and related to the activity of the brain.

The white stars and Venus are activating the left, more rational and social part of the brain, more male energy. The green stars and Jupiter are activating the right, more emotional part of the brain, more female quality.

From this point of view the nerves are crossing in the neck. So the left brain is associated with the function of the nervous system, regulating the right side of the body with the liver as the center point. The right brain regulates the left side of the body, with the spleen and the pancreas as the center point. (see Fig. 9.10) These energies will enter more directly into the organs and body system.

The right brain is related to individual/body emotional awareness, downward energy related to the spleen. The left brain deals mostly with social, external, controlling, rational activities; more rising energy related to the liver and gall bladder. The elemental influence is weaker in this new point.

We have to remember that the cortex and the human brain consciousness developed from the limbic system, which is evolved from the mammal state. In these primitive states the mental, intellectual and social abilities are very limited. The limbic system has a basic center in both hemispheres of the brain. These centers called the amigdala, deal with deep emotional experiences (affection, safety and other primal needs). A human being is directly related with the neocortex and the ability to connect with other people and the universe. But we must not forget to be in touch with our feelings and our body. Just as the Taoist masters say: “Help and heal yourself and then help others”.

If the right brain is overactive and the left brain energy is blocked, the person will tend to feel isolated, overemotional and stuck in the past (no spirit connection).

If the left brain is overactive and the right brain energy is blocked, the person has a hard time getting in touch with the emotions and body awareness. They tend to rationalize things and they have a hard time feeling involved with others or even with themselves.

Left/right brain balance is crucial for a state of well-being. The planetary and star initiations can be a tremendous help in keeping or creating this balance.

In western astrology and Greek mythology these two planets are exactly in opposition (Venus/female-Jupiter/male) to the Taoist view.

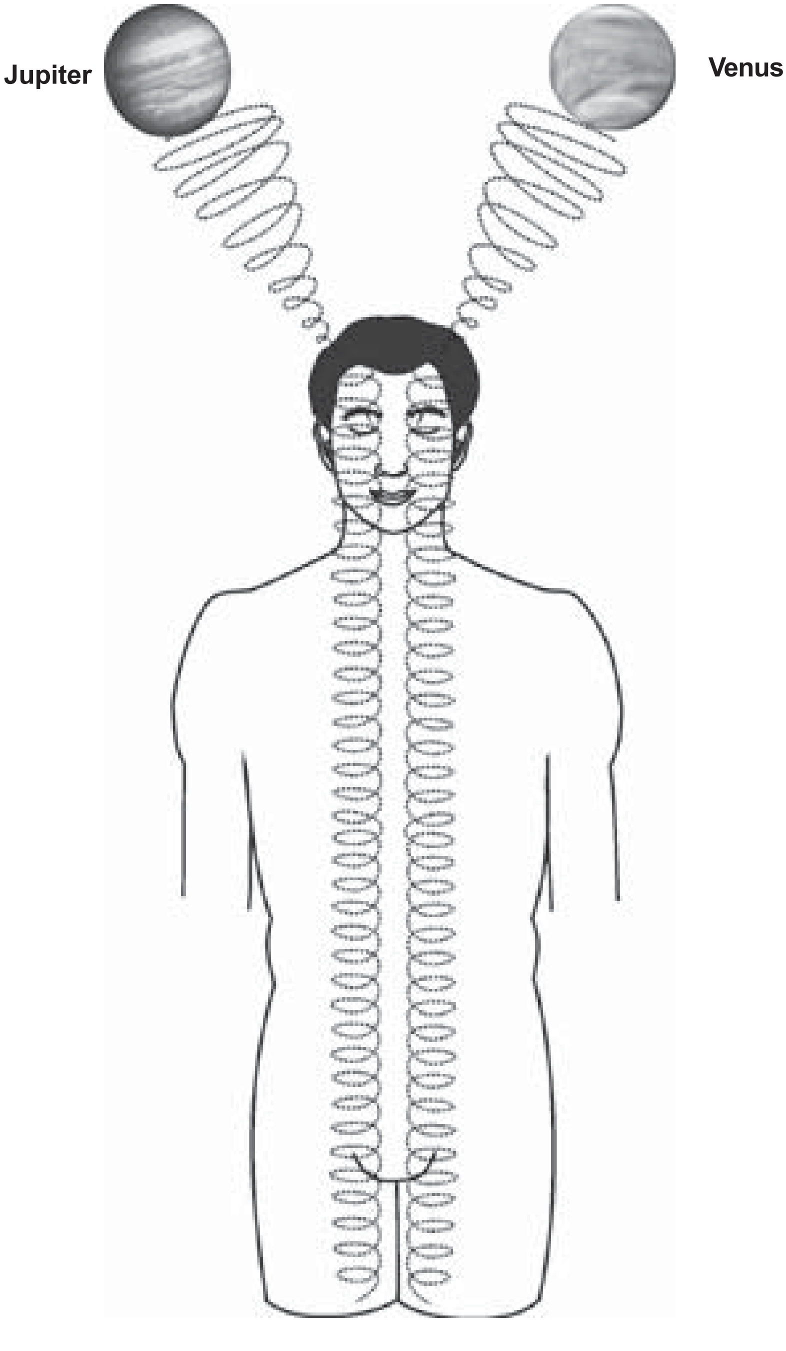


Fig. 9.11 *Jupiter and Venus*

Saturn Energy

The universal earth element is the center point in the planetary and star system. It balances the energies of Mars-Mercury and Jupiter-Venus. It is also related with the central thrusting channel. It connects the crown with the perineum. The universal earth quality of Saturn meets the earthly earth quality in the solar plexus and the Tan Tien. The Saturn and earth quality is of major importance to balance the energy in the solar plexus between liver/gall bladder and on the other side spleen/stomach. Bodily stress is created by an imbalance between the internal and external world, primarily stored in the solar plexus. These days most people have great trouble with their digestive system. Men tend to get a blocked and overheated liver/gall bladder, caused by irritation and anger. Women often suffer from spleen weakness; caused by worry/doubt, from which fear/kidney imbalances originate. Saturn energy has a strong balancing effect that is often experienced physically in the skull during meditations, in the form of movements, pain or pressure.

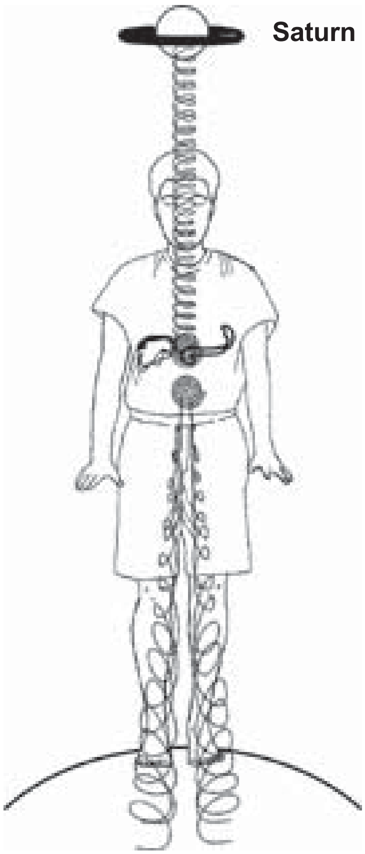


Fig. 9.12 *Let the Saturn Force go down through the Perineum.*

How to find your Strongest and Weakest Planet of Influence

The easiest way to do this is to observe how you connect with the qualities, colors and pictures that are used with each planet (reactions in your body, ability to feel the energy). If you take some time with each of them you will soon find which quality/element feels natural and easy. On the other hand you will also feel what is missing. If you study the typical qualities of this element you will recognize much in your daily life (also, use the meditations in chapter 11). Regular evaluation will soon make it clear that one of them is always there and another may be deficient. It is interesting to meet people who have an abundance of the qualities that you are missing. To some extent they are your masters, but often you will not like them because you feel that they confront you too much. Observe and feel where and how they get this energy. Remember that the first goal is the sun state. The sun state or the state of compassion will grow out of the virtues of all the other organs/planets.

Breaking through the Circle of Attractions and Addictions

Balancing the planetary/galactic/elemental forces brings us to the underlying cause of many problems in life, such as emotional patterns, addictions, irresponsible behavior and low self-esteem. At an emotional level they can only be temporarily released; at a mental level they are often ignored or rigidly controlled. When we get to the higher meaning and origin of these problems and balance the information and energy imbalances that are causing them, they lose their reason for existing and gradually dissolve.

Three Trans-Saturnal Planets

The trans-saturnal planets are not commonly used in the eastern astrological systems because they were undiscovered until the last century. They can be seen as the higher octaves or frequencies of the internal planets reflecting the co-evolution of human consciousness with universal changes.

Water - Mercury - Uranus - Thyroid Gland
Metal - Venus - Neptune - Thymus Gland
Fire - Mars - Pluto - Adrenal Gland

It is not necessary to work with these planets in your meditations, but they can be used to provide an extra dimension. Sometimes they come up spontaneously during meditation. Because of their influence on the social field, they often occur in group meditations.

In the Universal Tao eight planets are used in the pakua as seen in fig. 9.13.

More study and meditation will bring clearer information on these three planets and their cranial connection. According to our and other practitioners' experiences during group meditations, the following entrance points can be used for the trans-saturnal planets.

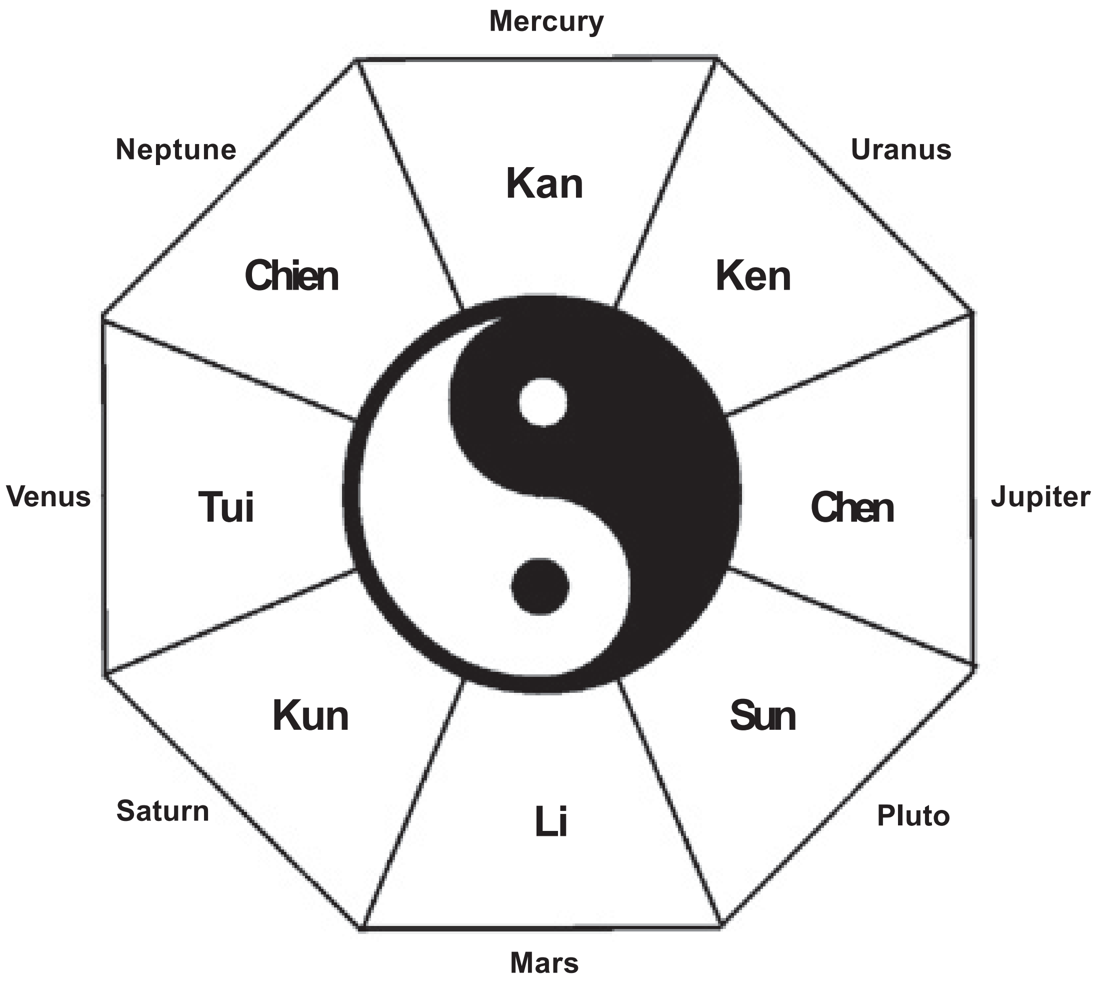


Fig. 9.13 *Pakua*

The trans-saturnal planets are the field between the basic planets (organs) and the stars (glands). They work on the lower frequency and the more physical, hormonal function of the glands.

Pluto enters above the Mars area.
Neptune around the hair spiral area above the Mercury area.
Uranus at an angle of about 45° (just a few cm above the ears).

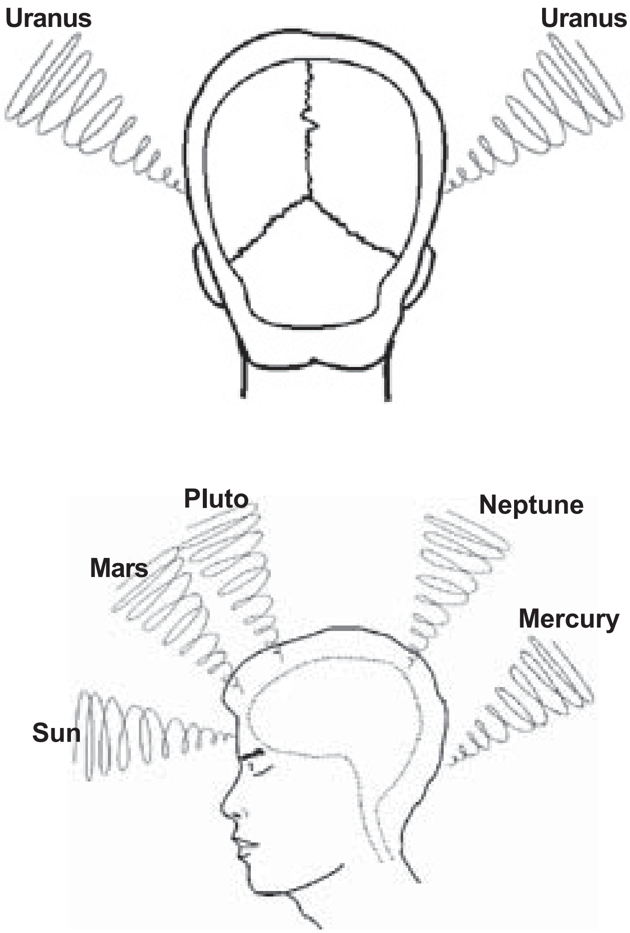


Fig. 9.14 *Planet Energies*

Chapter X
Universal Healing Connection

Create a Chi Field for Cosmic Healing

Visualization into Actualization!

Think of a Chi Field as being a containment area for all the Chi you might want for your Chi practice. The area can be as large or as small as you want. It could cover a city, a farm, your neighborhood or home, your room, a group of people, or just yourself. You can create Chi Fields within Chi Fields — as many as you like.

Use your power of visualization to project a dome-shaped protective covering around yourself, a group of people or whatever suits your situation. Think of the dome as being like a semipermeable membrane that will allow Chi in and that will not allow it to leak out. It will also prevent unwanted forces or emanations from coming into your space, somewhat like the ozone layer that protects Earth. The dome may be as large or small as you want it to be. This Chi Field will contain the Universal, Cosmic Particle and environmental Chi that you draw into it when you set it up.

You can create a Chi field to protect your house. In rural areas, Chi Fields have been used to protect and fortify farmlands, resulting in greatly enriched produce and increased yields of agricultural products. We should also cover ourselves with a Chi Field when we do our Chi cultivation practices. Teachers should create a Chi Field to work in, in order to impart more powerful experiences when guiding students in meditative processes for awareness and experience. A Cosmic Healing Practitioner should create a Chi Field for a powerful healing environment.

Organizing the Chi Field for Healing

1. Connect with the forces of the six directions and create a Chi Field. Creating a Chi Field is very important. It is like you are painting a beautiful picture inside yourself in the Chi Field. Sense thunder and lightning coming down. Create a domed Chi Field to cover the room you are doing a healing session in. Sense that the room has become electrified, that thunder and lightning has come in. Draw in the power of the lakes, forests, oceans, sun, stars, and high mountains. When you are ready, inhale; draw the energy from the Galaxy and Universe.
2. Be aware of your Lower Tan Tien and pour the energy over the crown. Feel the energy come to your crown and let the energy flow. Feel numbness and tingling. Focus on the soles of the feet.

3. Gradually feel that the room has become charged with Universal Chi. Close your eyes and feel the personal stars of the participants. Start to link them together from the left corner of the room.
4. Spiral out clockwise to link them together with your own personal star, you can project an individual vertical connection from the energy body to each participant. Link all the stars, including your own star, to an energy body.
5. Project an Energy Body above you in the dome. The size and shape of the Energy Body is not important; just have the idea and the sense that it is there for you to use. This tool provides you with an immediate resource to draw from when you distribute energy to the participants. When you are guiding and teaching a meditative process, keep your awareness of your Lower Tan Tien and the Universe and guide the students via the Energy Body for enhanced power and effectiveness. For yourself; first empty the mind down and fill the Lower Tan Tien with 'Smiling Sunshine' Chi. Be aware of your heart; empty love, joy and happiness into the Lower Tan Tien. Extend your Lower Tan Tien up to the Universe, multiply, draw down to the energy body and distribute it to those present.

Opening the Three Tan Tiens to the Six Directions

Introduction

Opening the Three Tan Tiens is a Chi Kung meditation that strengthens our connection to the Universe, opening us up to the primordial force of the Cosmos and the energy within Nature. We are dynamically connected to the infinite. "As above, so below" is an echo of wisdom heard from sages and mystics throughout the ages. When we can connect to and absorb the energy that surrounds us, we are able to tap into the many splendors of the Universe.

We exist because of the unique combination of the forces that are around and within us. The two main forces are electricity and magnetism. 'Bio-electro magnetism' is the Western term for life force and what the Tao refers to as Chi. For the last 5000 years, the Taoists have utilized this bio-electro-magnetic energy to enhance their way of life and establish a relationship with the Universe. Bio signifies life, electro refers to the universal energies (Yang) of the stars and planets and the magnetic force refers to the Earth force (Yin) or gravitational force present on all planets and stars. As we align ourselves with these forces, we become a conduit through which we can absorb and digest these energies through the body, mind and spirit establishing a direct connection with the Universe. The Taoists recognized this connection and created the Chi Kung form of 'Opening the Three Tan Tiens to the Six Directions' to enhance our relationship to and our understanding of this connection.

Humans normally access bio-electro-magnetic energy through their food and air. Plants take the universal energies of the sun and the magnetic energies of the earth and digest and transform them, thereby making these energies available to all living beings.

Taoists believe that the food sources with the purest form of energy are the green leafy vegetables. These have taken sunlight directly into their cells. Rather than waiting until the energy in the Universe is processed through plants, the Taoist goes directly to the source of this primordial energy. Through Chi Kung and meditation, the Taoists direct the energy of the Universe precisely. Opening the Three Tan Tiens is a meditational Chi Kung exercise that focuses on how to directly tap into the source of energy all around us.

Activating the Three Fires

The Three Fires refers to the fire energy contained within the lower abdomen, the Door of

Life (the adrenal fire) and the heart center. Opening these centers fills the body with energy and life force.

1. Stand with the feet together. Feel the connection to the Earth through the soles of the feet. Project your mind and extend your Chi into the Earth. Continue extending your mind power and Chi until you feel the connection to the infinite space beyond the Earth.
2. Hold the palms down, parallel to the ground, lifting up the fingers. Connect to the Earth energy through the center of the palms .
3. Move the arms and palms out slightly to the front of the body (palms still facing down). As the arms move, expand your mind and feel the connection to the Earth and the infinite space below you.
4. Gently, pull the hands and arms back toward the body. As the arms move, feel the Chi flow through your body and condensing into the Lower Tan Tien. Continue to push and pull 6-9 times, expanding your mind and gathering Chi from the infinite space into the Lower Tan Tien.
5. Lift your arms and face the palms toward the Lower Tan Tien. Feel as if you are holding a huge Chi ball on the Lower Tan Tien. Feel the connection between the fire in the Lower Tan Tien and the fire energy in the Universe. Feel the warmth spread through the entire body.
6. Expand your awareness to the infinite space behind you. Move your hands to the back and hold a huge Chi fire ball on the Door of Life (Ming Men).
7. Feel the Chi ball pulsing and breathing, drawing energy into the body from the infinite space behind you.
8. Lift the hands, palms facing up, to the sides of the body under the arm pits. Feel the Chi from the fingers extend into your chest igniting the fire in the Heart Center.
9. Allow the Heart Center to open, pulsing and breathing with Chi.
10. Feel all three fires activated and resonating together; the Lower Tan Tien, the Door of Life and the Heart Center.

Healing with the Chi Field and Energy Body

1. Ask the students to start to empty the mind down.
2. Connect with the energy body. Move your hands down. Touch your navel. Concentrate on the Lower Tan Tien. Ask your students to follow you. Your fingers touch the navel; focus on the Door of Life. Feel a numbness, a tingling sensation of energy flow. When you feel it, transfer it up to the crown. Expand to the Universe and multiply the feeling. Guide the Universal energy down to the Energy Body. Always spiral the energy in the Lower Tan Tien. Transfer, guide the energy, the feeling, down from the Universe to the Energy Body.
3. Take time to work with the Lower Tan Tien. Transfer your Chi (feeling) to the other people. When your Lower Tan Tien is very full, you actually feel the energy charge up the whole brain. So, your brain has a lot of Chi to extend up to the Universe.
4. At this level, there is no particular color for the energy body — it depends on what you are doing. Just transfer the feeling up, the feeling of the Chi. The Chi feeling gives you a pattern. And that pattern can multiply in the Universe. When it multiplies, it can be abundant when it comes back down.

You cannot teach somebody something that you do not first have yourself. When you are teaching, you are controlling the energy. You are guiding the students' energy. If you are happy, they feel happy. You feel joy and they feel joy. When you have the feeling of the bone marrow, you transfer the feeling of the bone marrow up. Therefore, the students can only be as good as you are at that moment. You may feel pain in your body at times; just pick out the good feeling and transfer that up. Otherwise, the student might feel pain and it is not his or her pain.

You have to multiply what you are feeling first before transferring your energy to the students. When you have that feeling (very nice, very good, happy, laughing bones, funny bones — tingling, numbness, etc.), transfer it up to the mind and out to the Universe. From there, you spiral a few times — just spiral the energy and multiply— and then bring the increased Chi down to the energy body and it will spread out to the participants by itself. (see the illustration on page 223)

World Link Meditation

Explanation

The Three Minds are the Upper, Middle and Lower or the Three Tan Tiens. The Upper Mind is good for planning and figuring out numbers, but any negative emotions that are present will stir up the brain with excess thinking and worrying. It spends and drains out too much energy. We should train this brain while resting to just observe. The key is to lower your Upper Mind and use it in the Lower Mind to do your thinking; “seek the released mind”.

At first, I did not understand this. When my Master taught me to lower and sink my mind down to the Lower Tan Tien, I started to understand. I understood this further, when I found that Western technology had discovered that the nerve endings in the stomach and intestines, especially related to emotional responses, are the same as those in the Upper Mind. So by just smiling to the lower Tan Tien you can activate the Lower Mind. By using the awareness, consciousness, and observing minds together in the abdomen you can do all your thinking.

The Upper Mind works practically all the time, stirring up the emotions and using up to 80% of your body energy. Western science has discovered that the Lower Mind can do a lot of things that the Upper Mind does without using the senses. The difference is it does it with pure awareness without questioning, as the Upper Mind does. If you can use the Lower Brain more, the Upper Mind can rest and listen (observe) from the abdomen. The Upper Mind, or as the Taoists refer to it, the monkey mind, when activated will suppress consciousness or awareness. Once the Upper Mind rests you can be conscious and aware of things you were never conscious or aware of before. You then can rest, be more aware and save energy using the Lower (second) Brain. So your Upper Brain can rest and build up strength for any daily tasks.

Three Minds

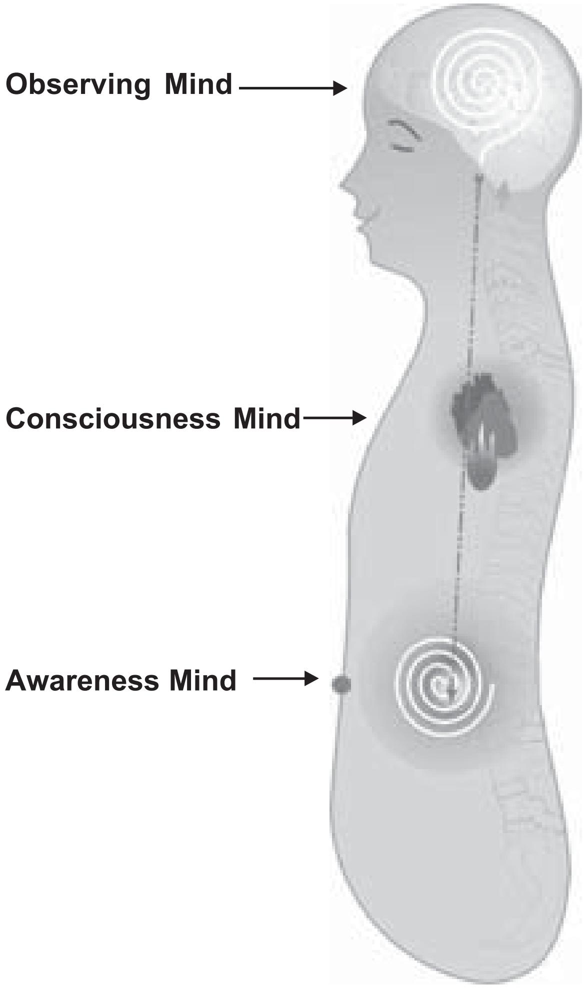


Fig. 10.1 *Empty your Mind Down to the Lower Tan Tien. Let the Awareness and Consciousness combine together.*

Preparation

Stand or sit alone or with others in a group meditation. Relax and empty your mind down to the Tan Tien by smiling down to your lower abdomen. Bring your awareness to your abdomen and fill your abdominal brain with Chi.

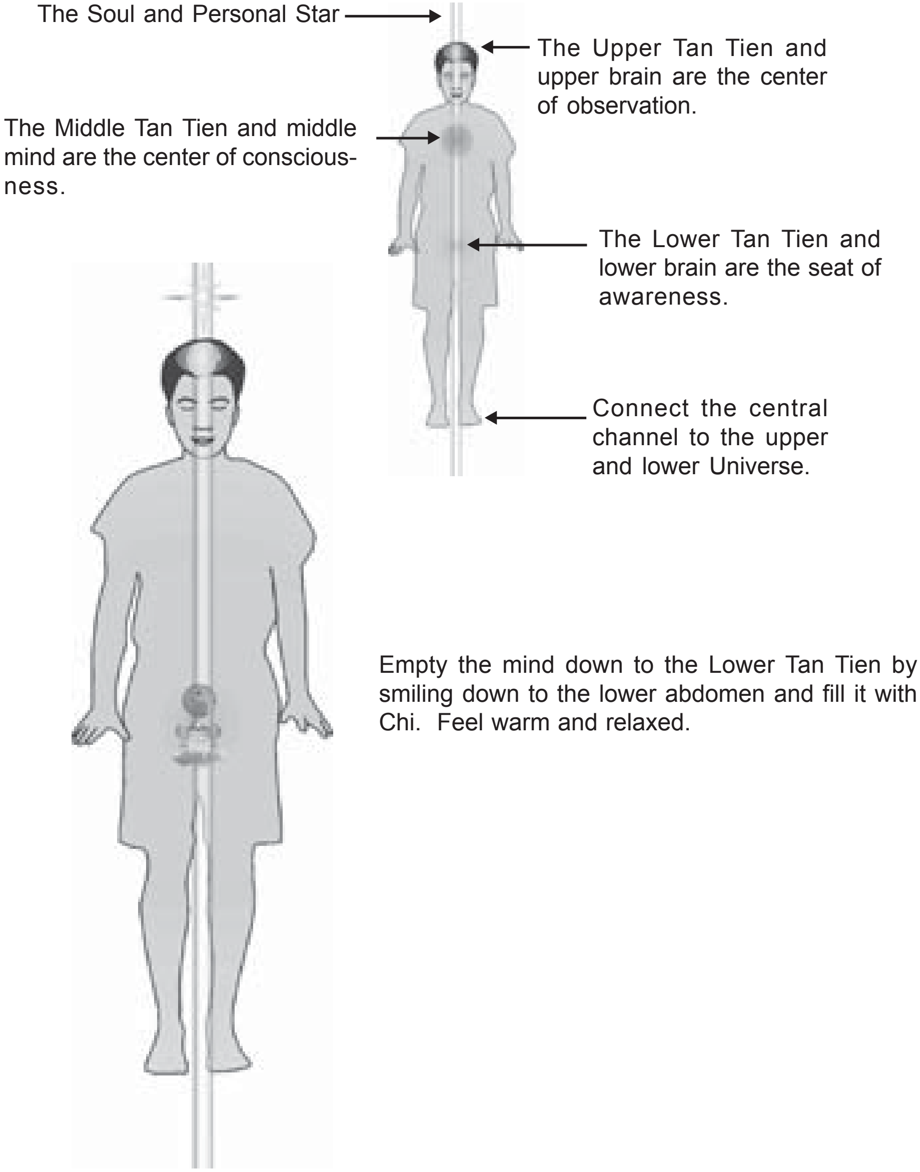


***Fig. 10.2** Three Tan Tiens*

Activate the Consciousness of the Three Fires

Tan Tien, Kidney and Heart Fires

1. **Tan Tien Fire (Abdomen):** Feel the energy behind the navel become warm as you direct a golden sunshine smile down from your face. Imagine that the energy in your abdomen is like a fireball behind the navel and below, a stove burning with fire. The stove is situated below the navel and close to the sacrum and lumbar vertebrae. Create the fireball above the stove behind the navel. The Taoists describe it as a burning stove that energizes the other fires in the body.



Fig. 10.3 *Tan Tien Fire*

2. **Fire under the Sea (Kidney):** Be aware of the Yang energy of the adrenals on top of the kidneys. Move that Yang energy down into the center of each kidney at the Door of Life (Yang within the Yin), thus lighting the Fire under the Sea. Expand the activated kidneys' energy to the Door of Life point on the spine opposite the navel just below the kidneys.

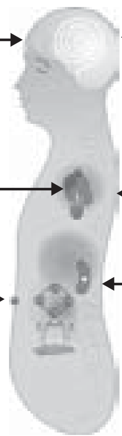


Fig. 10.4 *Kidney Fire*

3. **Imperial Fire (Heart):** Activate the consciousness by smiling down to the Heart making it feel soft. Be aware of the 'Fire in the Heart'. Feel the fire of love, joy, happiness and compassion creating softness in the Heart (Yin within the Yang). This will activate the consciousness of the Heart. Make a triangle, connecting the heart down to the kidneys and then down to the fireball behind the navel (Tan Tien). Connect the fireball to the kidneys and back to the Heart. This triangulation doubles or triples the Chi Fire Power.

Fuse the three minds into one mind *(Yi - pronounced "ee")*: When the abdomen is filled with Chi and feels nice and warm, it will rise and fill the upper brain with Chi. Lower the Upper Mind and the Middle Mind to the Lower Tan Tien, combining the three minds into one mind, ***Yi****.* The three mind powers will move to the mideyebrow. You can use this ***Yi*** to make correct decisions and to take the correct action or non-action.

Expand to the 6 Directions: Combine the power of the three minds with the power of the one mind, ***Yi***. Bring the ***Yi*** power into the third eye and expand it to the Six Directions of the Universe.

Link Personal Stars, Energy Body and Universe: With the ***Yi*** power connect to your ***Personal Star*** six inches above your head. Expand your awareness and consciousness to your Personal Star and out to the whole Universe. If in a group, spiral out and link with their Personal Stars. Create an Energy Body, linking everyone together with

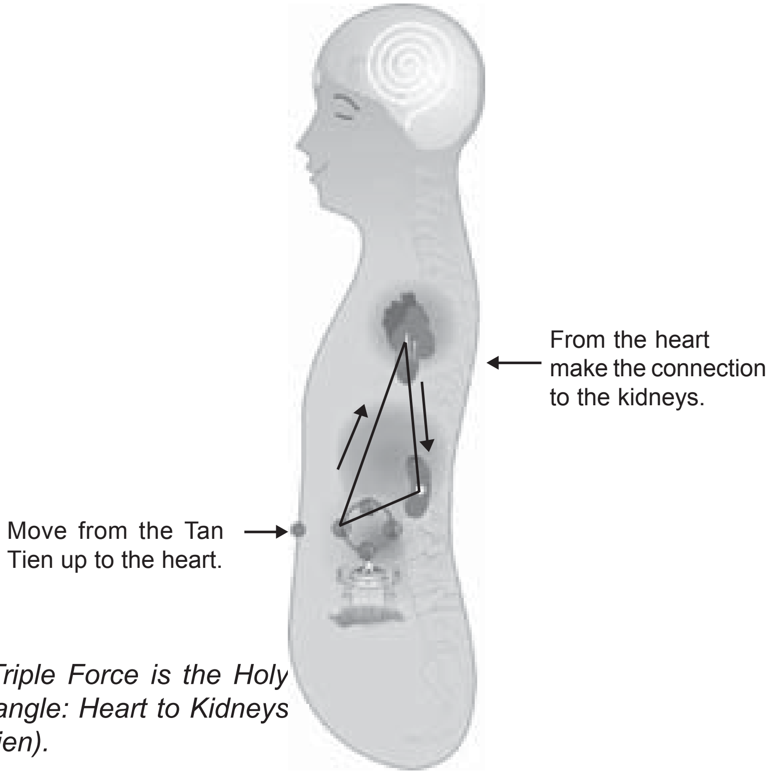


Fig. 10.5 *The Triple Force is the Holy Fire. Make a triangle: Heart to Kidneys to Navel (Tan Tien).*

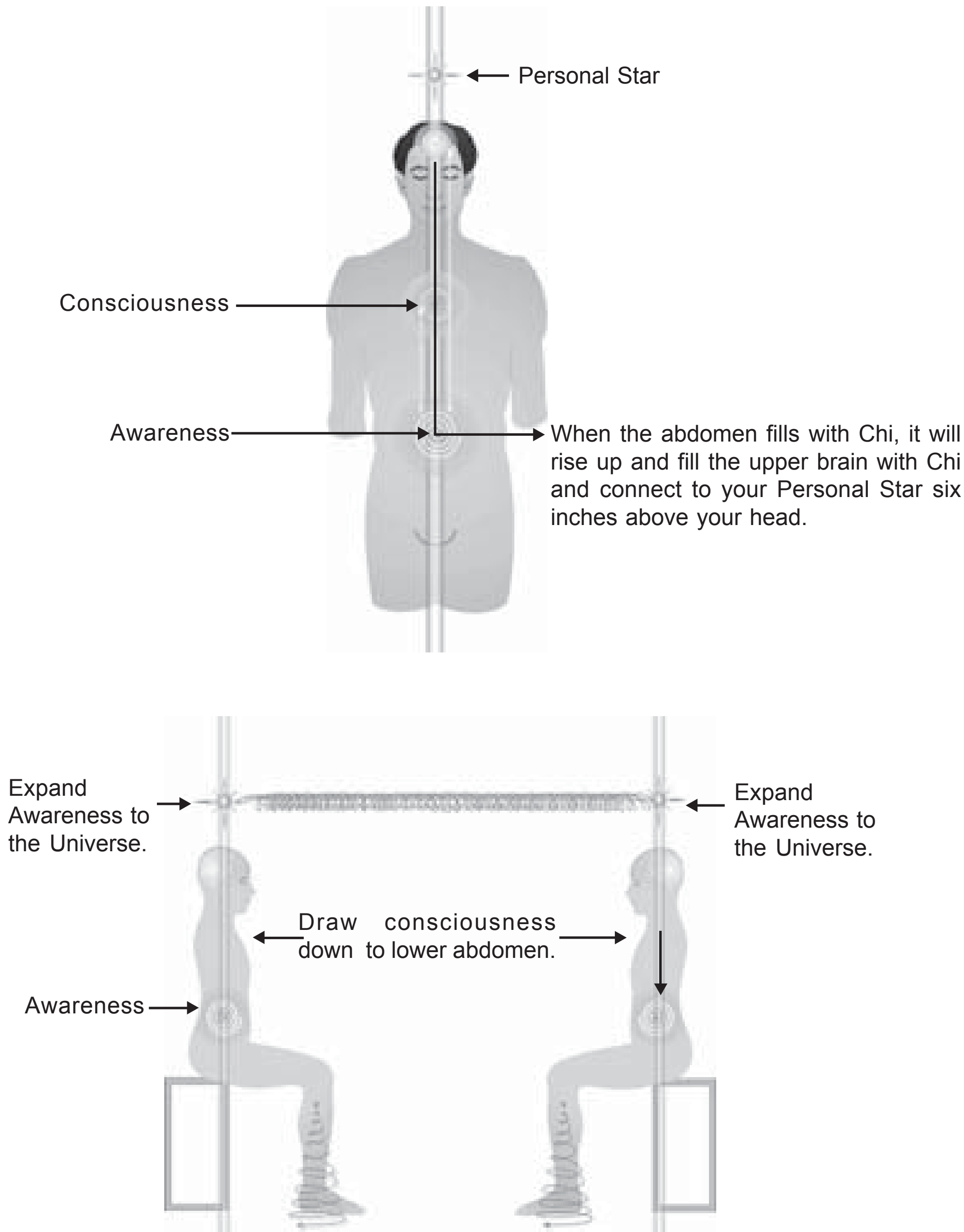


***Fig. 10.6** Link with other Personal Stars and expand the awareness from the abdomen.*

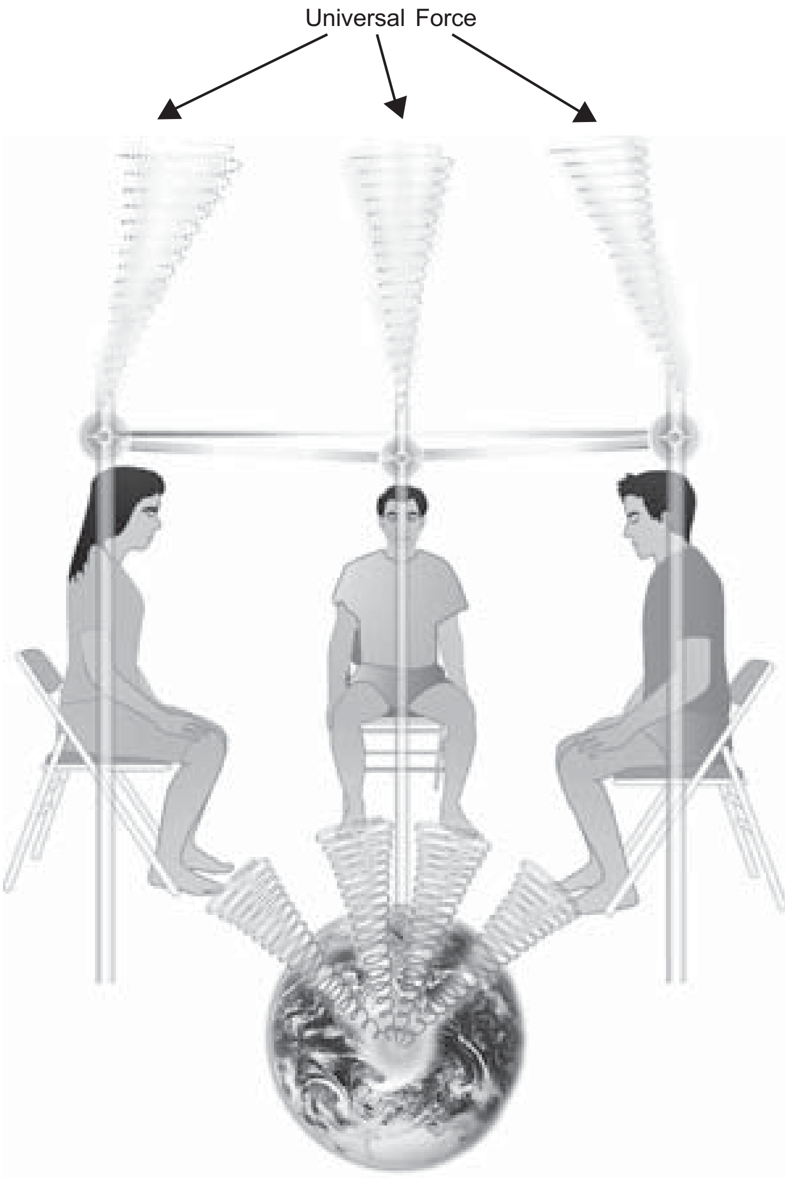


***Fig. 10.7** Link with other Personal Stars.*

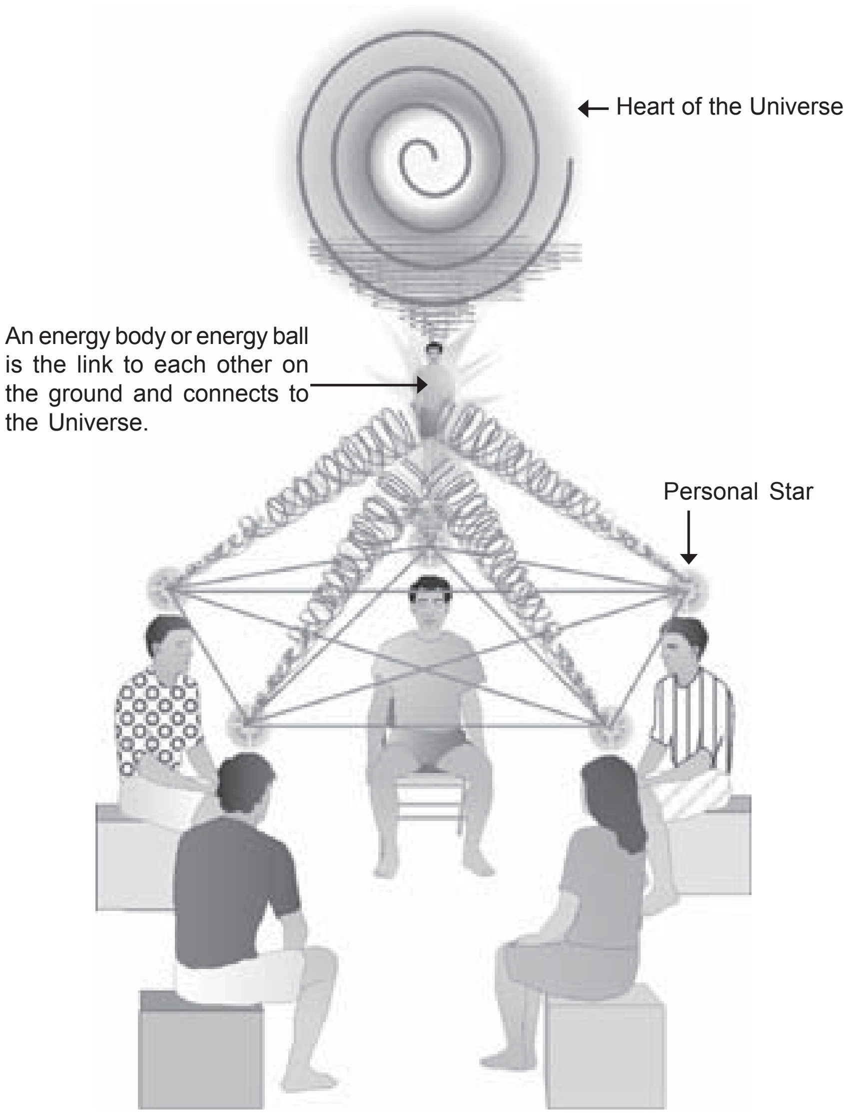


Fig. 10.8 *A Group can Link their Personal Stars Together.*

Link to friends, instructors, or others in the Universal Tao or to others who are doing similar work.

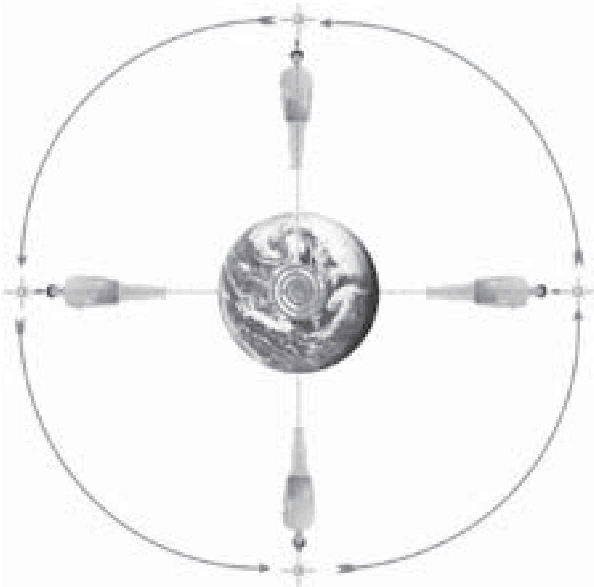


Fig. 10.9 *Like a Satellite, the World Link Meditators become a Communication Link between the Earth and the Universe.*

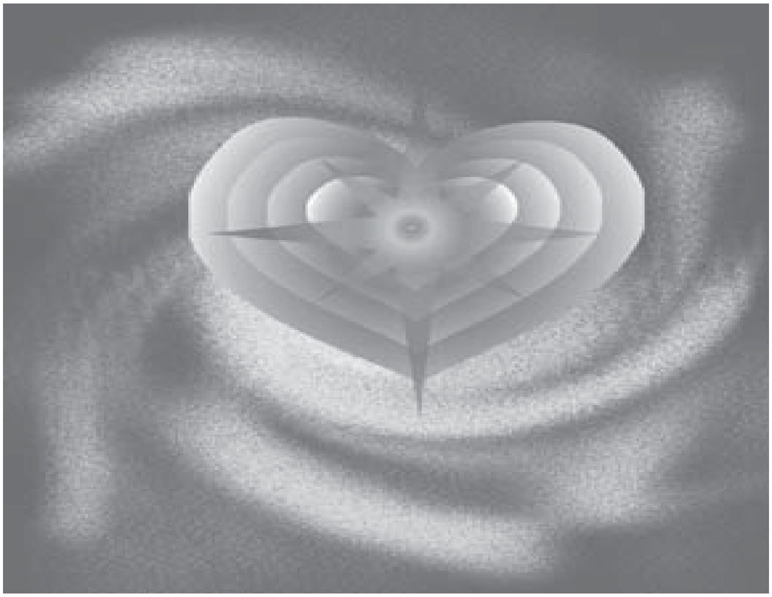


Fig. 10.10 *Linking to the Heart of the Universe (God) is a way of 'being in' Unconditional Love.*

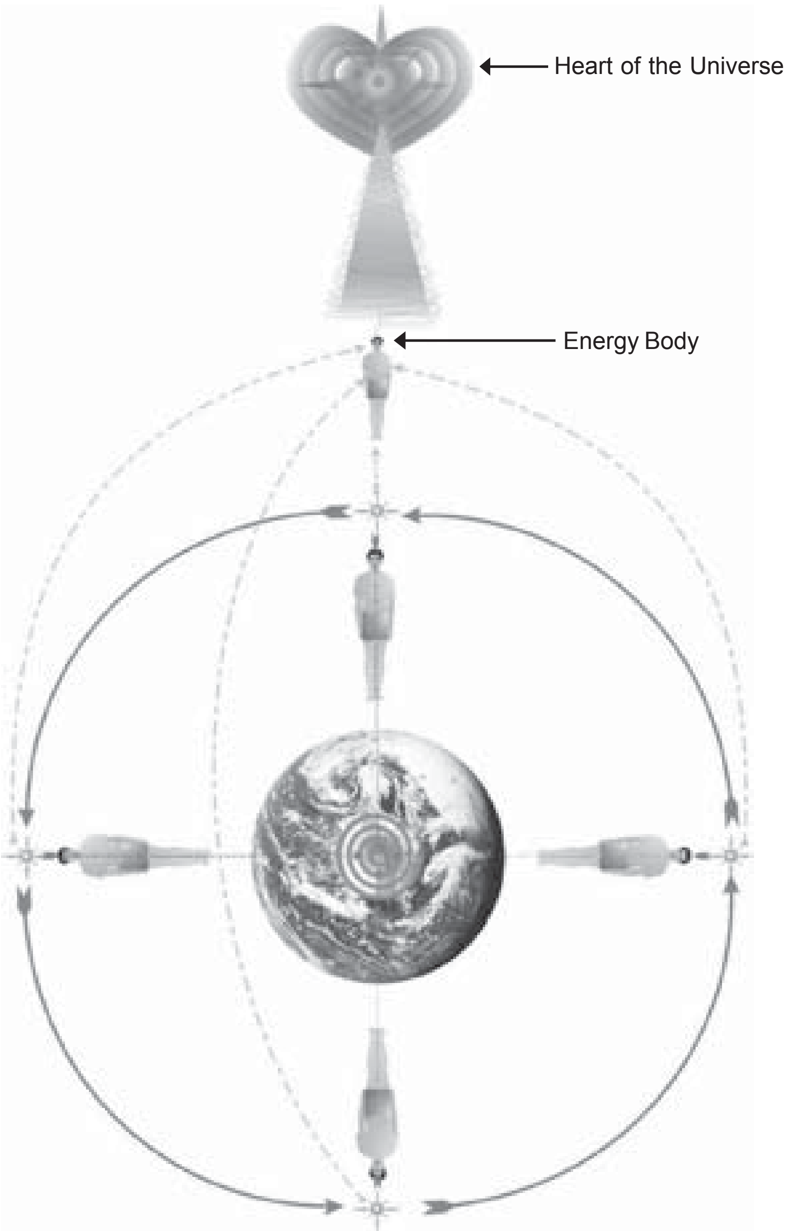


Fig. 10.11 *The Energy Command Communication Center for each person and group can connect to their 'own' Heart of the Universe.*

Protective Sacred Circle of Fire

The **Sacred Circle of Fire** has the power to protect us from all evil, whether it be sickness, misfortune or negative thinking from those around us. It allows us to connect with the power of the Universe. It helps us remove doubts of our own worthiness, so that we may reclaim the best that life has to offer; our birthright. Additionally, the **Protective Ring** connects us with the elemental essences of Forces in the Universe which both strengthen and protect us.

Sacred Fire Circle and Golden Chi Field

This method is an inner visualization using the power of the three minds (the observation, consciousness, and awareness) fused into one mind, the **Yi**. Its purpose is to get in touch with the **Guardian Essence (Guardian Angel)** or the forces of the **Six Protective Guardian Animals** of the **Six Directions**.



Fig. 10.12 *The Sacred Fire Circle and Golden Chi Field have the Power to protect us from Evil and Negative Thinking from around us.*

Visualization into Actualization

When we use awareness and consciousness, we turn our visualization into actualization; using our trust and belief, we can manifest and let it happen in consciousness and awareness, with good intentions.



Fig. 10.13 *Project a Cauldron of Fire Burning in the Cosmos.*

1. Use visualization and imagine a big cauldron burning with fire in the cosmos. Feel the awareness and let it happen.

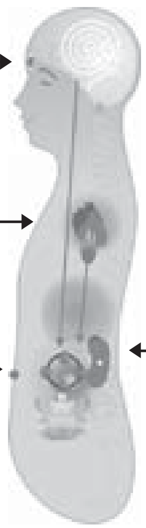


Fig. 10.14 *Three Fires and* ***Yi***

2. Be aware of yourself holding a long wand. Reach out to the cauldron and ignite the wand with fire.



Fig. 10.15 *Long Wand and Cauldron*

3. Use the Yi power to draw on the ground with the burning wand a Circle of Fire, 7 feet (2 meters) in diameter.

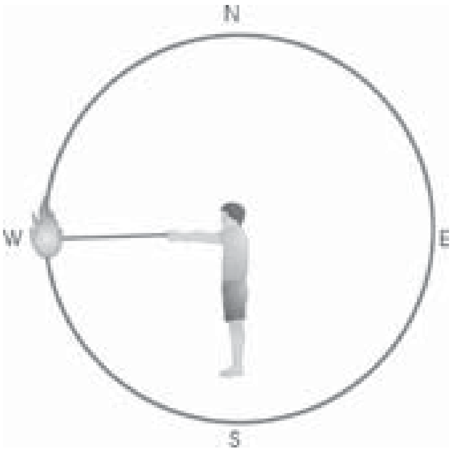
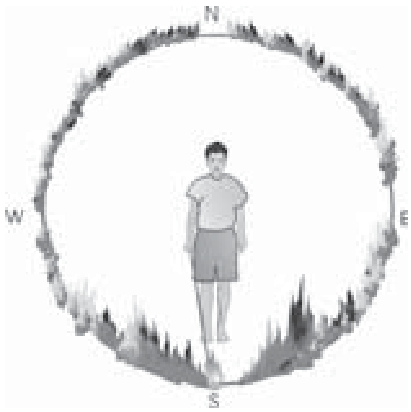


Fig.10.16 *Circle of Fire*

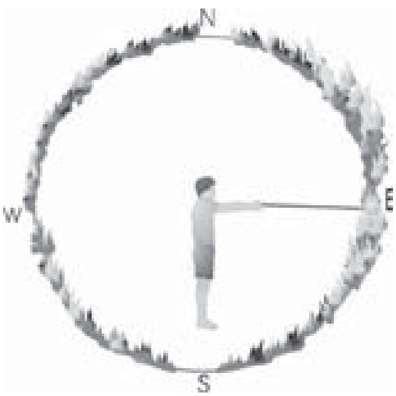
4. Stand in the center. Face the North. Imagine the burning wand and light up the Northern section outside the circle with fire. Pass the wand in an arc towards the South edge of the circle and ignite the Southern section with fire. Then swing it to the Eastern edge and ignite that section with fire.



Light up the North



Light up the South



Light up the East



Light up the West

Fig. 10.17 *Four Directions*

5. Position the wand directly overhead. Turn left to face West and ignite it with fire.
6. Expand the fire to the whole circle, protecting you from all evil, whether it be in the form off sickness, misfortune or negative thinking from those around you. Place the wand at the edge of the circle.
7. Squat down facing North. In each direction place a Protective Animal (Guardian Essence or Angel): In front (North) place a Blue Tortoise, in back (South) a Red Pheasant, Right (East) a Green Dragon, Left (West) a White Tiger, Above (Center) a Yellow Phoenix, and Below (Earth) a Black Tortoise.
8. Create a protective Golden Dome Chi Field over you. Let go of all concerns and empty yourself. Ask each animal for protection. These Protective Animals of the 6 Directions are the same protective animals that are associated with the vital organs. Therefore, for energetic protection, ask the Blue Tortoise for Gentleness; Red Pheasant for Joy; Green Dragon for Kindness; White Tiger for Courage; Yellow Phoenix for

Fairness; and Black Tortoise for Stillness (Beneath). Connect with Universal Love, saying "I am worthy of Divine Love and Protection".

9. Remain in this position for several minutes. Be aware of the Sacred Fire burning all around the circle and the Golden Dome Chi Field surrounding you. This forms a permanent magnetic Sacred Circle that is literally indestructible.

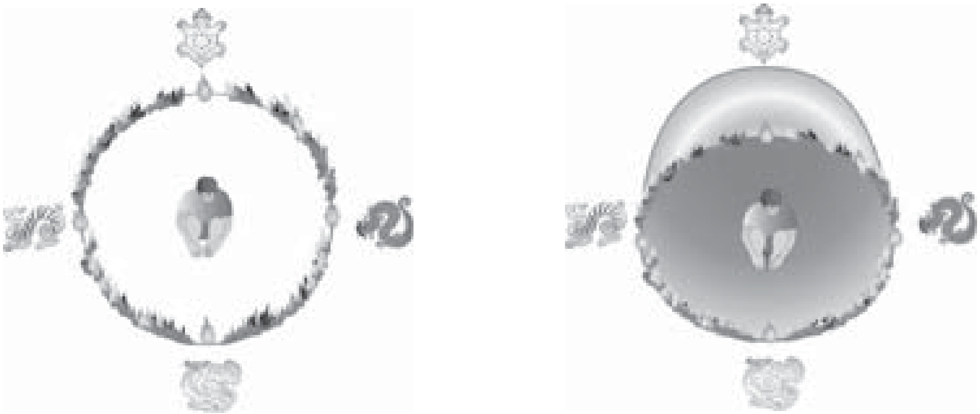


Fig. 10.18 *Golden Dome Chi Field*

Practice

Affirmations Peace within your own Heart

Calm the mind, emptying down to the abdomen and expand the awareness out to the Universe, repeating the following affirmations from the center of your awareness and consciousness.

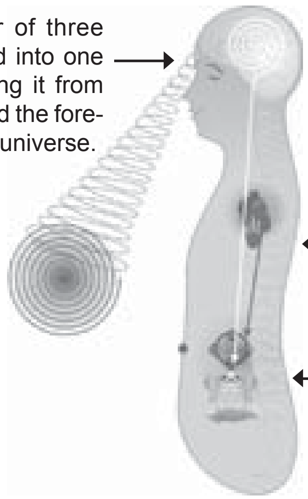


Fig. 10.19 *Activate three minds into one mind.*

Empty the mind by smiling to the Lower Tan Tien and direct the conscious mind of the Heart down to the awareness of the Lower Tan Tien, combining the three minds to fuse into the one mind (Yi). The Yi mind is the most powerful mind to connect with the universe.

I am at peace, feeling love and compassion in Myself (Touch Heart).
I am calm, warm, and still in my Center (Touch Lower Abdomen).
I am at peace with my Family and people close to me (Picture Them).
I am at peace with my Neighbors (Picture Them).
I am at peace with my Friends and Co-workers (Picture Them).
I am at peace with my Community (Picture Them).
I am at peace with myself and all sentient beings (Feel them).

Healing Yourself and Others

Personal Connection

1) Empty the Mind by starting a **smile** in your face. Let the Smiling Energy flow down to the neck and into the Heart area (the seat of consciousness). Make the Heart feel soft and full of love, joy and happiness activating the conscious mind.
2) Continue smiling and relaxing down to the abdomen (the center of awareness). Smile, emptying the mind and senses (eyes, ears, nose and mouth) down until the navel area feels warm, activating the awareness.
3) Feel the observing mind of the head and the conscious mind of the heart going down to combine with the awareness mind of the Lower Tan Tien. Combine and fuse these three minds into one mind: “Yi” at the mideye. Expand the awareness out from the abdomen beyond your physical limits to the cosmos and universe, connecting with the Universal Energy (God).

Take the Yi and spiral it upwards through the crown into the vast pool of energy in the universe. Continue spiraling in the universe and let it multiply. Then, spiral it down to your Personal Star and into your whole body.

Forest Green Energy

Picture an ancient forest with bright green leaves up in the universe. Picture a beautiful emerald green light coming from heaven and spiral it down to you. Spiral the green light down through your community, Tao Garden, your house and then into your crown. Let it clean your whole body, binding and absorbing any negativity, burdens, worries and sick energy and draining it all out of your body. Let it flow down deep into the ground. Dig a hole and bury the sick, negative energy in the ground. Let your heart be happy (3-6 times), for serious illness (36-81 times).

Forest Green Energy Keep the Tan Tien warm and expand the Yi mind to the universe, picturing a beautiful emerald green light in the universe.



Fig. 10.20

Spiral it down through your community, your home and then into your crown.

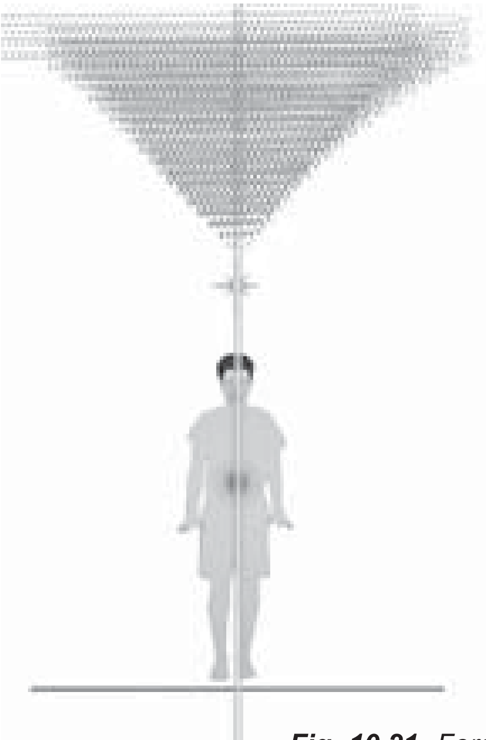


Fig. 10.21 *Forest Green Energy*

Let the energy cleanse all that it comes in contact with.
Then spiral it down into the ground.



Fig. 10.22



Dig a hole and bury the sick, negative energy deep into the ground, never to return. It will be transformed by the Earth into positive energy.

Fig. 10.23 *Bury the sick energy.*

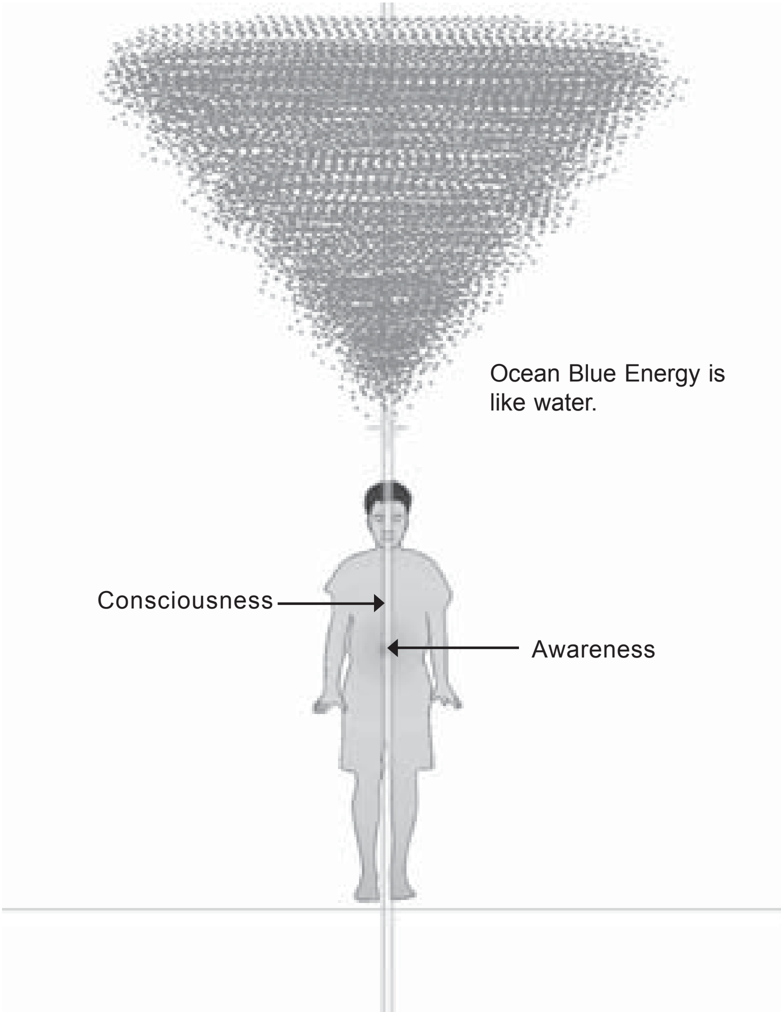


Fig. 10.24 *Keep the Tan Tien Warm.*
Stay Connected to the Awareness and Consciousness of the Yi as you Flush the Blue Light through your Body.

Electric/Universal Violet Energy

Picture violet light, the most abundant energy in the universe. Picture it coming from the North Star and the Big Dipper. Gather the energy in the cup of the Big Dipper. Hold the handle and pour the violet down over the Crown. Spiral the energy down and fill all the cells of your body, together with the Energy Body (6 times).

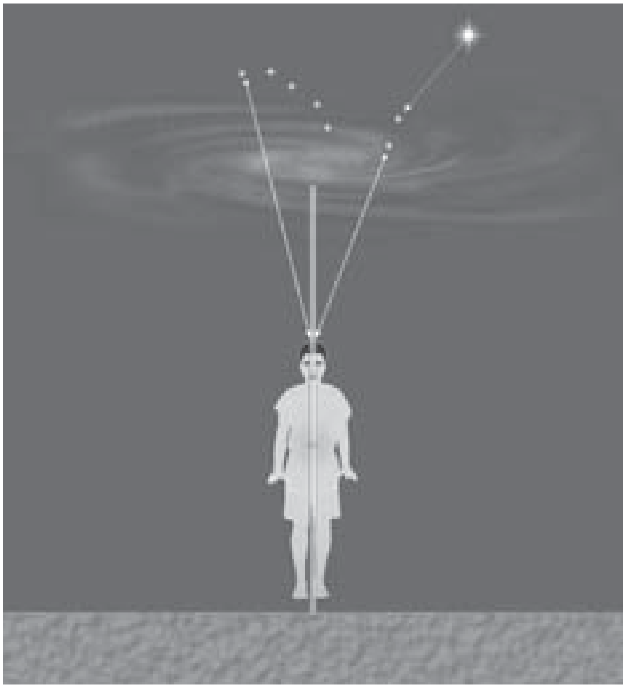


Fig. 10.25 *The North Star is a major source of violet light.*
The Big Dipper is a major source of red and infra-red light.

Healing and Strengthening the Whole Body

1. Fill the brain with violet light, saying "Let all sickness go away and let the brain be at its best."
2. Follow this method for your organs. Using the same affirmation for every organ. You can also group the organs;

    Eyes, ears, nose, mouth, tongue, teeth.
    Thyroid, parathyroid, thymus, pancreas, prostate, uterus.
    Lungs, heart, stomach, small intestines, large intestines.
    Liver, spleen, kidneys, ovaries, testicles.

    Doing this with your mind, stay conscious of the Lower Tan Tien. Expand your awareness to the universe and the universe will fill you with healing energy.

Activate the Immune System and Defense System

1. Touch the sacrum and feel your fingers grow 'long' with Chi and penetrate into the sacrum and bone marrow, activating the bone marrow. Put your mind into the Tan Tien and the universe. Hold until the universe fills the sacrum and Chi rises up the spine to the forehead. Feel the pulsating in the temple bones. This increases the production of healthy white blood cells for the immune system. Keep the Lower Tan Tien warm and feel the Chi flow up the spinal cord, then let it spiral up into the universe. The universe will fill you with healing energy.



Fig. 10.26 *Feel your whole body radiate, clean and shining with light.*



Fig. 10.27 *Hold until the universe fills the sacrum and Chi rises up the spine to the forehead.*

Activate the Immune System. Empty the mind down. Keep the Tan Tien warm. Touch above the pubic bone and feel your fingers grow 'long' with Chi. Let them penetrate into the sacrum and bone marrow to activate the immune system's production of red and white blood cells. Leave your fingers there and lower your mind into the Lower Tan Tien and the Universe'. Feel the funny, happy, laughing and tingling electrifying sensations in the bones.

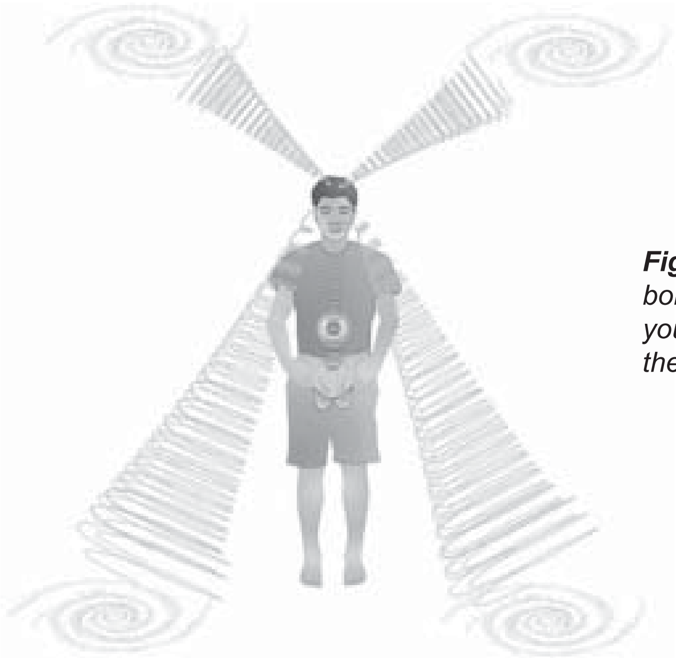


Fig. 10.28 *Touch and feel the pubic bone. Leave your fingers there. Lower your mind into the Lower Tan Tien and the Universe.*



Fig. 10.29 *Touch the sternum and let the Chi spread throughout the sternum, through the whole rib cage, in the Lower Tan Tien and the Universe, activating production of white blood cells.*

Touch the femur bone's middle point (upper legs) and feel your fingers grow 'long', penetrating the bone marrow of your legs. This should give a tingling sensation through the whole leg. It also increases the production of red blood cells.

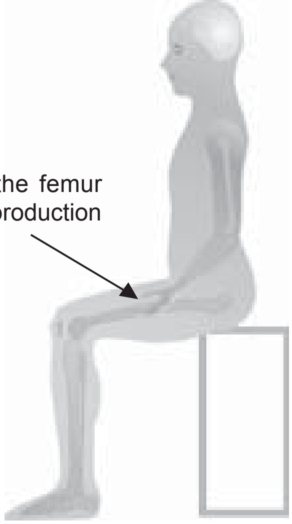


Fig. 10.30 *Touch the Middle Point of Femur Bones.*

1. Touch the middle point of the humerus (upper arm) and feel your fingers grow 'long' penetrating the bone marrow of the arm, activating production of healthy red blood cells.
2. Touch the sternum, feeling your fingers grow 'long' and project the Chi into the chest cavity activating the thymus gland. Feel the connection to the thyroid and parathyroid glands. This activates the immune system and increases the production of the T-cells (the anti-virus 'commando' cells of the body).

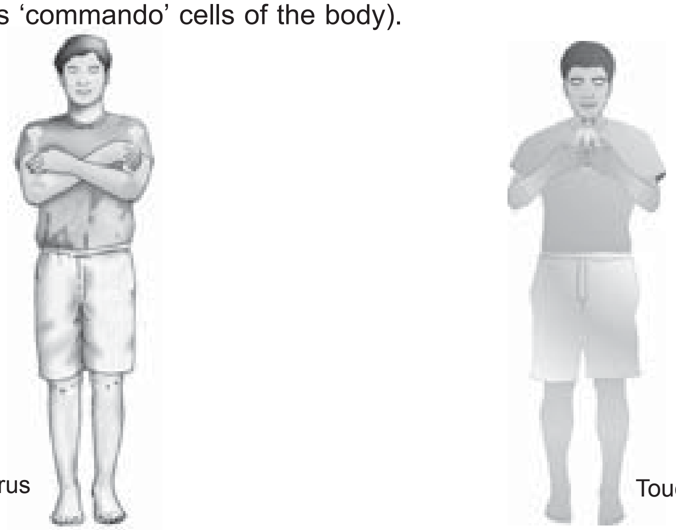


Fig. 10.31 *Humerus and Sternum*

Manifestations

Virtue Mind Power: our Subconscious Guilt

In order to increase the Virtue Mind Power, you need to get rid of subconscious guilt. Our subconscious guilt complexes are major obstacles to our health and progress. They are the major causes of illness and frustrations. It is as if we have an inner program that says we do not deserve to have health, wealth and happiness. This guilt makes us feel like powerless victims.

Other guilt complexes assume that we are sinners requiring punishment in the form of ill health or misfortune. We can never bring ourselves to ask the Universe for anything that we do not feel worthy to receive. God made the human in his own image. Humankind is naturally entitled to everything that the Earth and the Universe can provide for our happiness and well being. As children of God we deserve the best. We can command the Cosmos, providing that we make our command in the right way and with good intent.

Being Unwanted

Being unwanted is one of the worst situations for many people. This is true for all those who feel alone, especially children and old people, who might feel left all alone to die. Subconsciously, they will send out messages to the Cosmos to make themselves sick. The more attention that is given to sickness and ill health, the more energy is received from the Cosmos to make that happen. We get exactly what is projected by the subconscious mind.

Negative Self-Talk and Negative Thinking

Every thought whether positive or negative, is a command to the Universe. If our lives are not how we would like them to be, it is because we have unwittingly given negative commands to the Cosmos, we will receive negative results. Humans have a deep need for love and attention. Sometimes we become needy and try to get sympathy and attention through being sick, or by becoming a victim. If in our subconscious mind we believe that our motives are unrighteous or impure, then the Cosmos will keep us poor, sick, or both.

Your command to the Cosmos always brings results. We get exactly what we command, whether good or bad. Therefore, we must be careful of what we think, feel and say, if we want our lives to change for the better. We can remove all the unworthy, guilty, sinful thoughts and ideas, replacing them with the realization that we are the Children of God (the Cosmos). We can accept the best the Universe and Earth have to offer. Be glad to see other people have gained wealth honestly and that they are healthy and happy. If we develop jealous or negative feelings towards them, then we immediately return to the state of being self-righteously poor.

We need not accept the results of our negative thinking. We can initiate a positive course of action. To fully use this power you must replace negative thought patterns with

a new command of the cosmic force. You must take action when you receive the energy and information. The way to get extra energy is by breathing the red light into the heart 3 to 6 times letting it radiate into the whole body into the heart. You will feel a lot of energy helping you to take the actions necessary to complete your tasks.

Direct Command

To make a positive statement is to make a direct command. A command given in the present tense – in the now – is the most powerful command that we can give to the Cosmos. A command to the Cosmos should be phrased clearly, as an individual statement and always said aloud.

For example, if we make the command to ourselves, “I am well, I am healthy, I am happy, I am wealthy,” it doesn’t matter how sick or poor we are. The fact is, we have already begun to take on that quality because of the command that we have given. The change will begin very rapidly. The Cosmic force will begin work on our inner functions immediately, according to what qualities we have claimed. Success in using Cosmic power depends upon our working with and our exercise of the command, in the right way, to take action and responsibility. Practicing Positive Mind Power, fusing the three minds into one, the Inner Smile or Chi Kung will help.

Once you have set the cosmic force in motion with a direct command, you must take action. You must be willing to take responsibility for yourself. The Universe cannot accomplish everything on its own. The key is to use the Cosmic force to aid your actions. There is no limit to what the individual can accomplish when combining the Cosmic force with individual intent.

Manifestations: ‘Yi’ Mind Power

Start by smiling and empty the mind to fuse the three minds as one (Yi), in the lower abdomen. Move the Chi up to open the frontal lobe of the brain at the Third Eye. Create a triangle from the third eye to the temple bones filling it with Chi. Expand the awareness to the Universe.



Fig. 10.32 *Third Eye and Temple Bones are in a Triangle.*



***Fig. 10.33** Manifest the Mind Power, using the frontal lobe. Activate it by touching the sacrum. When the sacrum is filled with Chi, the Chi will rise up to fill up the frontal lobe.*

We manifest our affirmations in the physical, emotional, mental and spiritual body by starting to manifest from the center of awareness, by placing the attention in the abdomen. Next bring the thought that you want to manifest up to the heart connection, then to the upper mind, the frontal lobe and the mideyebrow. Broadcast it out to the entire Universe. This affirmation is multiplied many times by the abundant Universal energy. It will return to you to be manifested, but you must wait with your awareness anchored in the second brain - the lower abdomen.

Physical Image

Picture yourself at an age you would like to be, and hold that image very clearly. Hold it in the center of your second brain (lower abdomen) and move it up to the center of your consciousness in the heart area. Continue to hold this image very clearly and move it up to the forehead and then send it out to the Universe in all six directions, saying, "I am well and perfectly healthy."

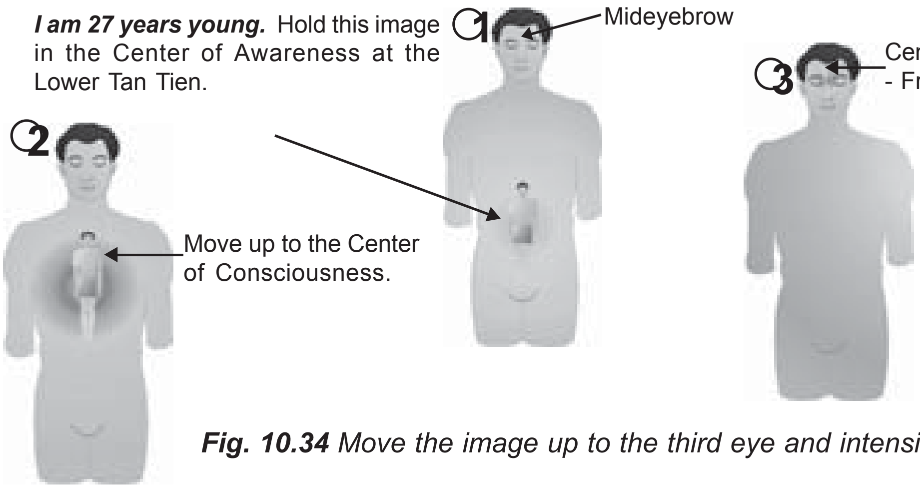


***Fig. 10.34** Move the image up to the third eye and intensify it.*

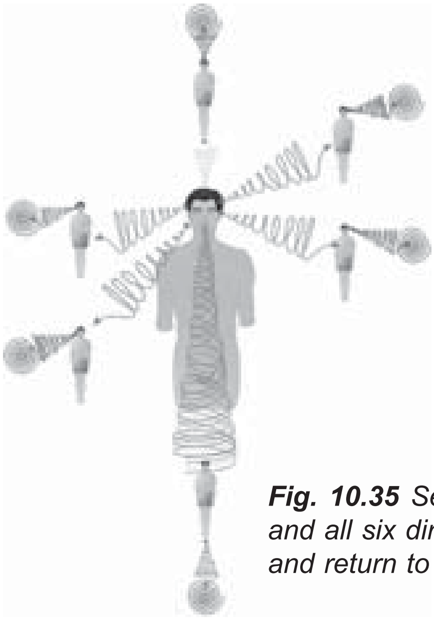


***Fig. 10.35** Send the image out into the Universe and all six directions. The affirmation will multiply and return to you to be manifested.*

Emotional Image

Picture your emotional body: See a body-shaped image close around your physical body, composed of all kinds of moving colors, saying: "I let go of old emotional experiences, seeing them for what they are and fill myself with radiant joy, love and compassion." Bring the image up the heart center and then to the frontal lobe. Send it out to the Universe and the Universe will multiply it many times and it will be sent back to you. Just wait for it to return with your awareness in the lower brain.

Affirm: "I let go of old emotional experiences, seeing them for what they are and fill myself with radiant joy, love and compassion."



***Fig. 10.36** Emotional Image*

Mental Image

Picture your mental body, saying: "I make an agreement with myself to enjoy the best of life and to live the full wealth of my potential in harmony with Nature and the Universe." Follow the same sequence of moving the image up to the heart, the frontal lobe and out to the Universe. Wait for the return with your awareness in the lower brain.

Affirm: "I make an agreement with myself to enjoy the best of life and to live the full wealth of my potential."



Fig. 10.37 *Mental Image*

Spiritual Image

Picture your spiritual body and higher self, saying: "I am at one with my God (Source) within and manifest its Glory." Follow the same procedure as before.

Problem Solving

Answers and Solutions

A. Take the questions and problems that you have into your center of ***Awareness*** (Abdominal Brain) then to your ***Consciousness*** (Heart Brain) and send them out into the Universe through the third eye from your ***Observation Center*** (Mind Brain) broadcasting out to the entire Universe.
B. Wait for the best answers and solutions to return to you clearly and distinctly. Allow them to ripen into full understanding.
C. At any point in the future, if you have any questions or you need to take action or have a problem that needs to be solved, all you need to do is to inhale deeply and allow your awareness in the abdomen to expand far beyond your physical limits.
D. Exhale your problem into the Universe, open yourself, wait for a moment and let go of the problem. You will become conscious of the solutions to your questions or problems you presented. The more you practice this, the quicker and easier the results will come. You must take action when you receive the energy and information. The way to get extra energy is by breathing red light into the heart 3 to 6 times, letting it radiate into the whole body through the heart. You will feel a lot of energy enabling you to take action and complete the task.
E. You can use the same technique to project the goals and the time frame during which you wish to accomplish them. Sometimes it helps to ask for more wisdom from the Universe or Cosmos in order to understand our Life's purpose.

Finish the meditation by resting for a few moments and collecting the energy in your Lower Tan Tien.

Chapter XI
Planetary and Stellar Meditations to increase Awareness and Sensitivity

Feeling the direct connection with the planetary energies is a unique experience which carries multiple benefits for yourself and for the healing practices you carry out. Here follow some of the benefits we noted among practitioners of these meditations:

An increase in emotional stability and in understanding the origin of emotional patterns.
Ability to connect with information and energy from the universe.
Strong healing processes in the organs and the whole body.
A major increase in healing power.
A greater balance between the weak and strong points of character.
A rise in the ability to be deeply in touch with the different organs/systems in the body both of the practitioner and that of the person being treated.

We advise you to practice the opening of the Three Tan Tiens to the Six Directions first. (see Chapter II). Once the organs and energy centers are connected to the galaxies, the planetary forces can be integrated easily. The planetary meditations are divided into seven parts ; following each one represents a growing level of awareness/sensitivity.

Before you start with the first one, take some time to create a good contact and to integrate these energies into your body. Then proceed with the next one. A good sequence for building up the meditation practices from this book is the following:

Step 1: Iron Shirt Chi Kung, Inner Smile, Six Healing Sounds, Microcosmic Orbit. For those of you who have studied Cosmic Chi Kung (One Finger Art, see the book Cosmic Healing I) this practice is also a perfect preparation.

Step 2: Opening the Three Tan Tiens to the Six Directions.

Step 3: Planetary and Stellar Initiations 1 to 5.

To get a direct connection with the frequency of the planetary belts and galaxies, use the information and pictures in Chapter III; Taoist Astrology and the Structure of the Universe. As is the case with all new practices and meditations, it takes some time to build up the connection, but with practice it soon will become easier and once you really get it, you can connect to the energy at any moment during the day when you decide to tune into it.

As with anything in life, you will only get good at it if you master the basic principles and practice daily. If you want to go quickly in the beginning, you may have to return to the basics at a later stage.

It is important to realize that in these meditations you are interacting with enormous forces. It is not the effort, but the awareness and resonance that determine the results.

The openness to achieve the connection with these energies will give you just enough of what you need and what you are able to manage. This can cause strong emotional, mental and physical shifts in energy, but it is always available in amounts that you can handle. If you try to manipulate the universe you may well suddenly receive a lot more energy, just as you have asked. But you will discover soon that the ego led you in this direction. You will not be able to handle it and will 'burn' yourself. Thus your energy level will decline instead of rise, with disappointment being the result.

A good way to get in contact with the awareness belts in the solar system (planetary frequencies) is to study some basic astronomy and use the pictures of planets/stars in this book as a starting point. Once you have a better understanding of how the solar system really appears, the pictures can be used to tune into the planetary frequencies. Simply look at the pictures then close your eyes, look out through the cranium and expand your awareness. It is important to respect the correct sequence of building up this meditation practice. Start with what you can clearly register sensorially. Start with the sun (warmth/ seeing it), then move to the earth (seeing, feeling gravity and energy), then shift to the moon (seeing, feeling). You need to contact with these three forces first before you will be able to connect to the other planets. Remember that you do not have to see these planets in order to feel them. What we are getting in contact with is the energy/awareness belts of the planets. The planets in their materialized form are only the center of this belt.

Practice with great respect. Do not try to pull these forces with your willpower. This will not work! Try to attract them. You can use the eastern or western astrological signs for the planets during the meditations by projecting them into the picture of the planets. But it's better to start with only the color and quality of the element.

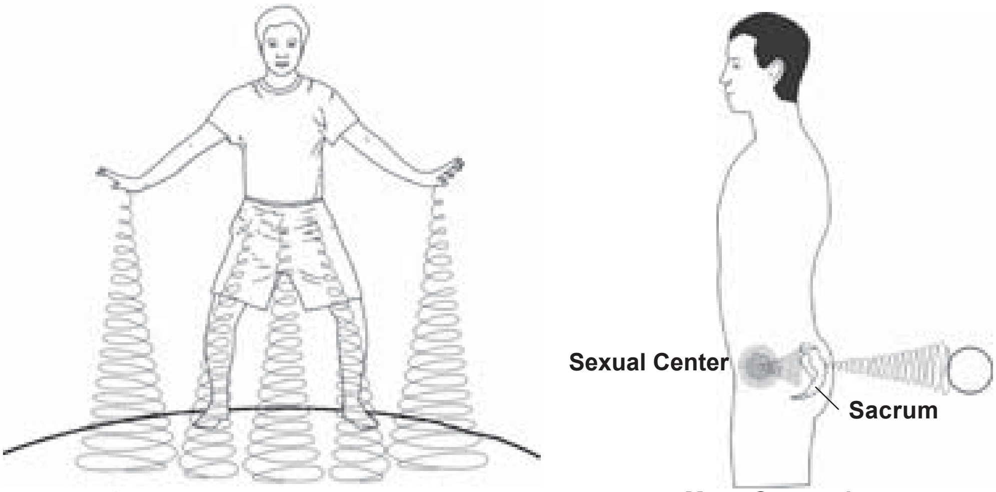
Meditation 1

Earth - Sun - Moon Triangle

1. Warming up exercises (Inner Smile, Chi Kung, Tai Chi, Tao Yin and others)
2. Opening the Three Tan Tiens to the Six Directions, integrate the Inner Smile and the MCO.
3. Connect to Mother Earth. Breath deeply into the earth with every exhalation. Thank the earth for her love and nourishment. Breathe in the cool blue energy through the soles, the palms and the perineum. Store this energy in your center. This will be your safety belt and rooting during your planetary and galactic journey.
4. Bring your attention to the sacrum.
5. Picture a bright full moon behind you, shining on your sacrum. The color of the moon can be seen/felt as silver/white.

The moonlight will be mixed inside the sexual center with the blue sexual energy. Breathe it into the sacrum drawing the moonlight inside and further into the sexual center. At the same time draw the sexual energy inward. Men pull up the sexual organ, perineum and anus and gently squeeze the muscles around the prostate gland. Women softly close and contract the vagina, perineum and anus and gently squeeze the muscles around the ovaries and the uterus. On the exhalation (men and women) release the muscles about 90% but keep the Chi inside.

The squeezing should be very gentle and the other muscles in the body remain very relaxed. Gather the energy at the sexual center. Take about 5 to 10 minutes until you feel the moonlight directly entering into the sexual center.



Connecting to the Earth Force **Moon Connection**

Fig. 11.1 *Sexual Energy*

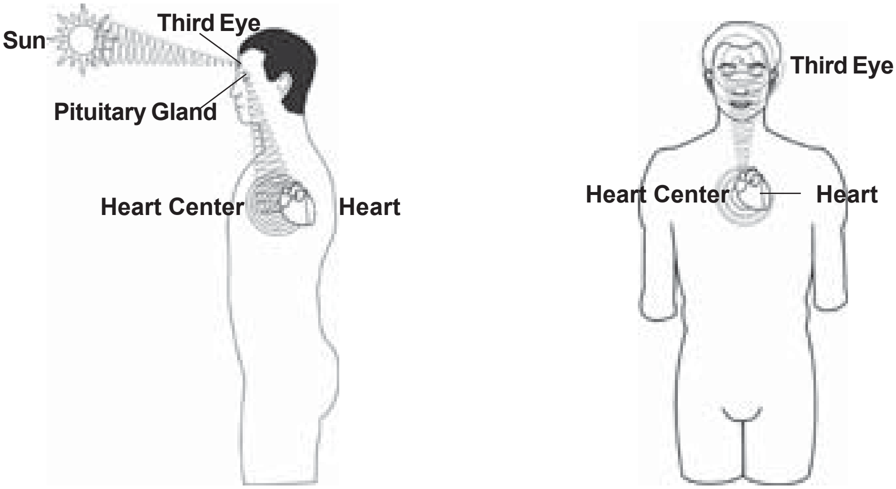


Fig. 11.2 *Connecting the Sun with the Third Eye and Pituitary Gland.*

6. Bring your attention to the third eye/mideyebrow point.
7. Picture a bright gold/yellow sun in front of you. Feel the light particles, the cosmic Chi tingling on your face. Absorb this light in the third eye and the pituitary gland.
8. Breathe in the light and guide it from the third eye and the pituitary gland down into the heart.
9. Make the heart sound to clean it and balance the heart energy. Feel love, peace, patience and respect, while you feel the sun directly shining in your heart. Shift your focus towards the heart center, right in the middle between the nipples, behind the sternum.

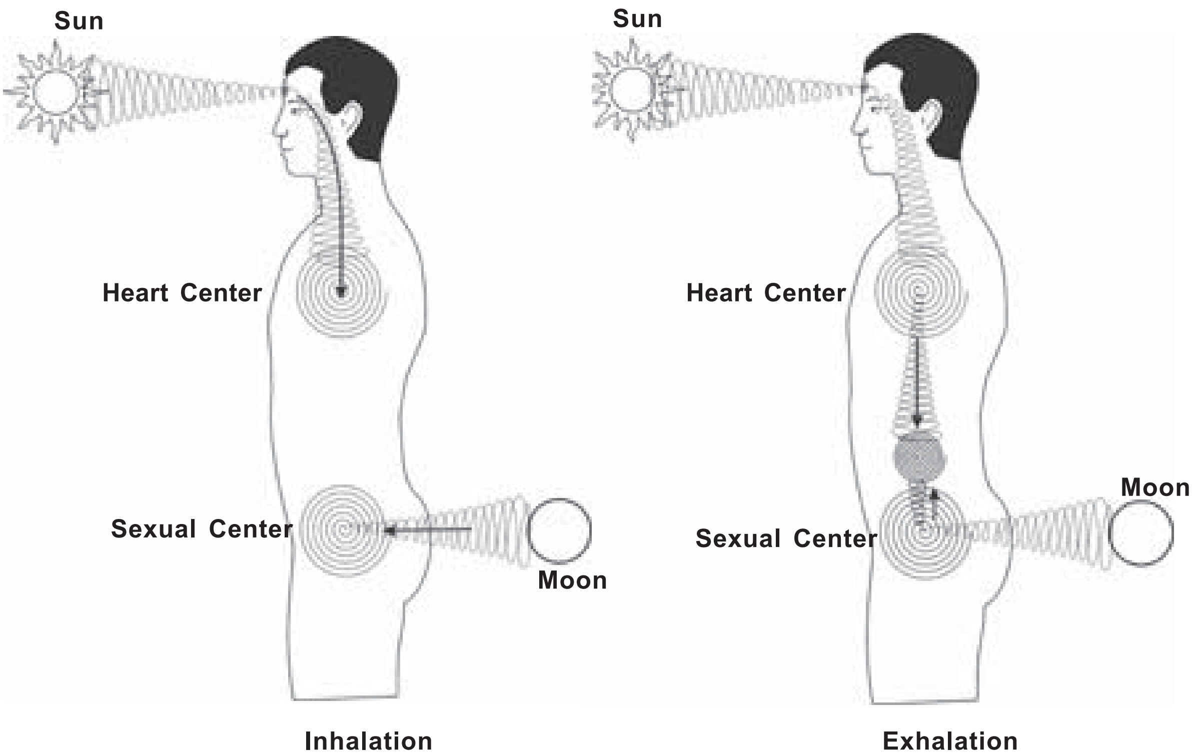


Fig. 11.3 *Connect the Sun and the Moon.*

10. Blend the golden/yellow sunlight with the bright red color of love and compassion in the heart center.
11. Gather more sunlight in the heart center. At a certain point the heart center will open up further and connect with the universal love. A deep yet unsentimental love can be experienced. This has been described as the ‘blooming of compassion’.

12. On the inbreath draw the silver/white moonlight into the sacrum/sexual center (blue) and at the same time the golden/yellow sunlight into the third eye/heart center (red). On the outbreath condense these two energies in the central point behind the navel. Push the blue/silver/white energy up and the red/golden/yellow energy down. Keep drawing these energies in until you feel a clear connection (10-15 minutes).

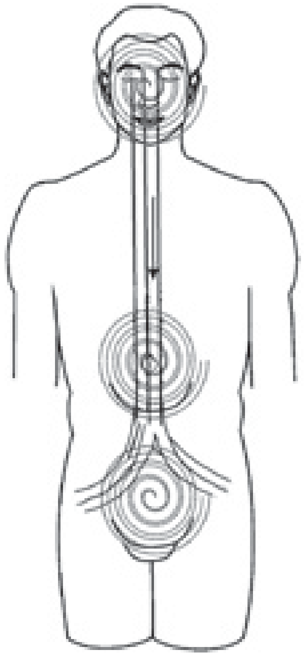


Fig. 11.4 *Sun and Moon Energy in the Body*

13. Bring the kidney and sexual energy up through the vena cava and the heart energy down through the aorta.
14. Mix both energies in the Tan Tien. If you have difficulties to connect with the aorta/vena cava, just relax and let the two energies come together in the Lower Tan Tien.
15. When the love and sexual energy are combined in the center, a soft orgasmic feeling will start vibrating in the Lower Tan Tien and from there on through the whole body.
16. Combined with the sun and the moon force this energy can be multiplied. Start slowly; do not take in too much sun and moonlight or you will begin to overheat. Give your body the time to adjust to the new energy level. If you feel that you are getting too hot, or have any adverse reactions (unpleasant sensations), practice the Six Healing Sounds to cool down and regain equilibrium.

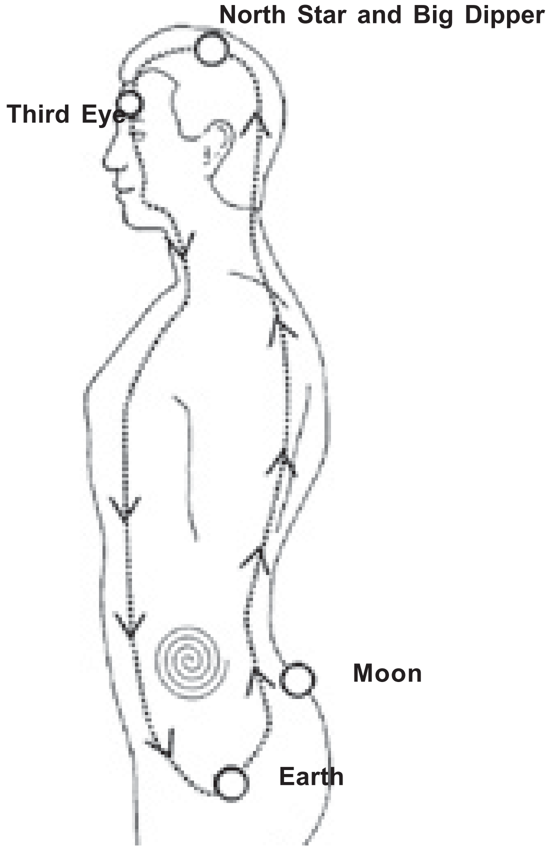


Fig. 11.5 *Microcosmic Orbit (MCO)*

17. Move the energy from the center down into the perineum and up the MCO.
18. Put the emphasis on the following points and connections:

    Perineum - Earth
    Sacrum - Moon
    Crown - North Star/Big Dipper
    Third Eye - Sun

19. Stop at each of these points and feel the external connection.
20. Circle the energy around 9 to 18 times in the MCO. Gather the energy in the center and rest. Observe your body and energy in the yin stage. Just notice where the energy is moving in your body. Remain in this state for 5 to 15 minutes.
21. End this meditation with Chi Self Massage.

Meditation 2
Strengthening the Organs and Balancing the Emotions

1. Warm up exercises (Inner Smile, Cosmic Chi Kung, Tai Chi, Tao Yin and others).
2. Opening the Three Tan Tiens to the Six Directions.
3. Integrate the Inner Smile and the MCO.
4. Make a firm condensed Chi ball in the center.
5. Connect to the Mother Earth force.
6. Bring your attention to the cranium and softly touch the cranial bones with a minimum of pressure. This touch is often called the butterfly touch, as it is compared with the pressure you feel when a butterfly is landing on your hand; connect to the craniosacral rhythm. Once you feel this rhythm, try to remain with it. Try it without hand contact. Touch without touching, holding your hand 1 to 2 centimeters from the skull.
7. Expand this cranial awareness to a distance of 5 to 50 centimeters away from the physical body. This will greatly increase the sensitivity in your skull and the cranio-sacral structure.
8. Make the connection between the organs, the cranium and the related planet.
9. Put one hand on the spleen/pancreas area, fill them with the bright yellow light of openness, fairness and trust. Put the second hand (in the form of a beak) softly on the crown point to make the internal connection with the sphenoid bone (See fig. 11.6).
10. Hold the position and let the Chi move between the hands or between the sphenoid and the pancreas/spleen. Once you feel the connection, put the hands together in front of the Tan Tien. Then expand your cranial structure and look up with your eyes through your crown.
11. Visualize a bright yellow planet above you, the planet Saturn. Let the light of the planet Saturn shine down into the crown and the sphenoid bone and than directly down into the spleen and the pancreas. Feel the direct connection and feel how the spleen and pancreas are activated through this direct contact.
12. Feeling this connection may take some time, but once it has been established, the planets become like powerful batteries, charging your organs.
    Use this same procedure for the planets and organs, following the Five Element Cycle:
    Spleen - Lungs - Kidneys - Liver - Heart
    Earth - Metal - Water - Wood - Fire
13. Use an open hand for the other bones in the cranial system and not a beak hand as on the sphenoid bone.
14. Use your giving hand (usually the predominant one) on the cranium and your receiving one on the organs.
15. Picture all five planets above the crown and let the light shine into the five cranial entrances and further down into the organs. Bring all these energies together in the center.
16. Move the energy in the MCO, making 9 -18 cycles.
17. Gather the energy back into the center, observe the yin stage.
18. End with Chi Self Massage



Fig. 11.6 *Spleen/Pancreas, Sphenoid Bone and Saturn*

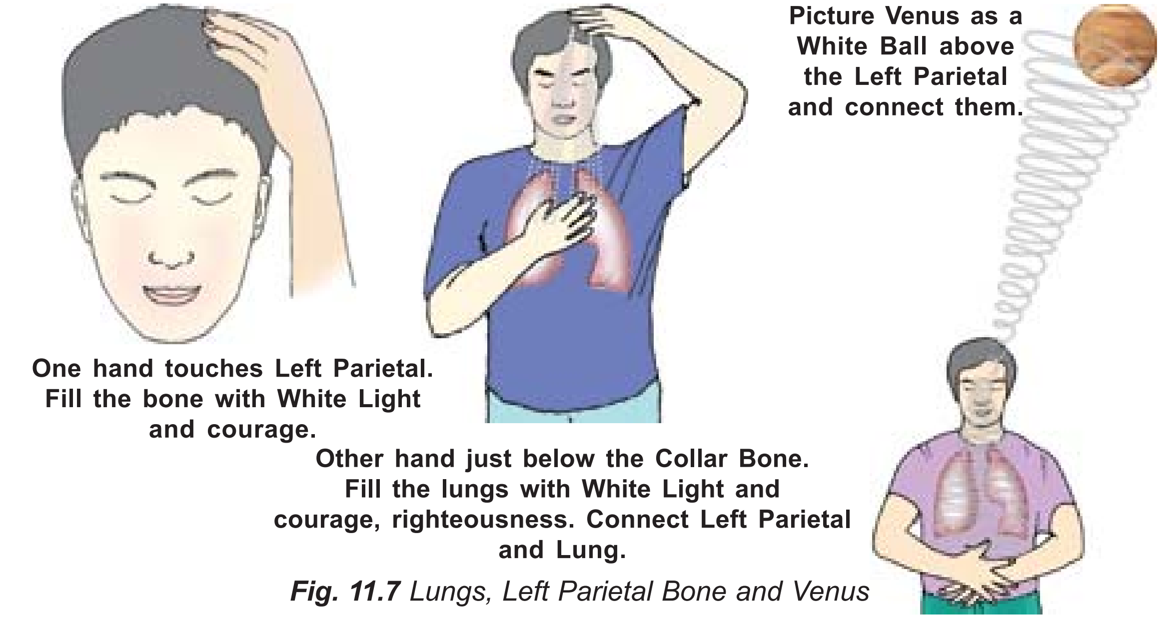


Fig. 11.7 *Lungs, Left Parietal Bone and Venus*

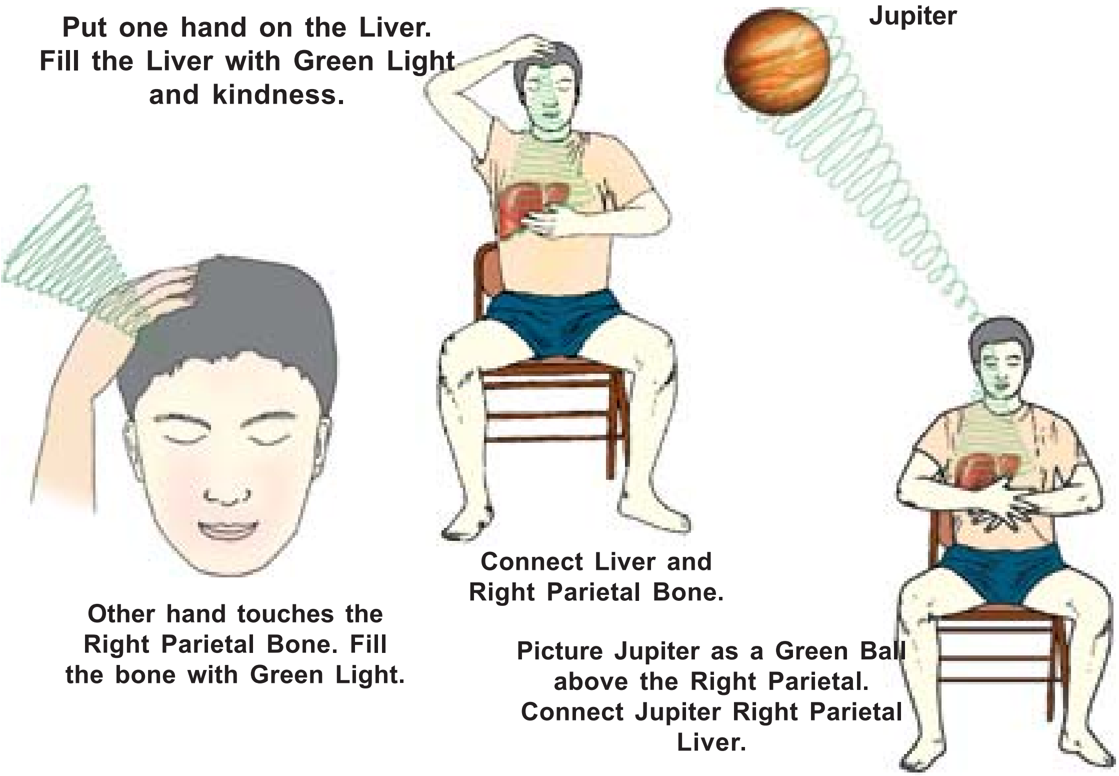


Fig. 11.8 *Liver, Right Parietal Bone and Jupiter*

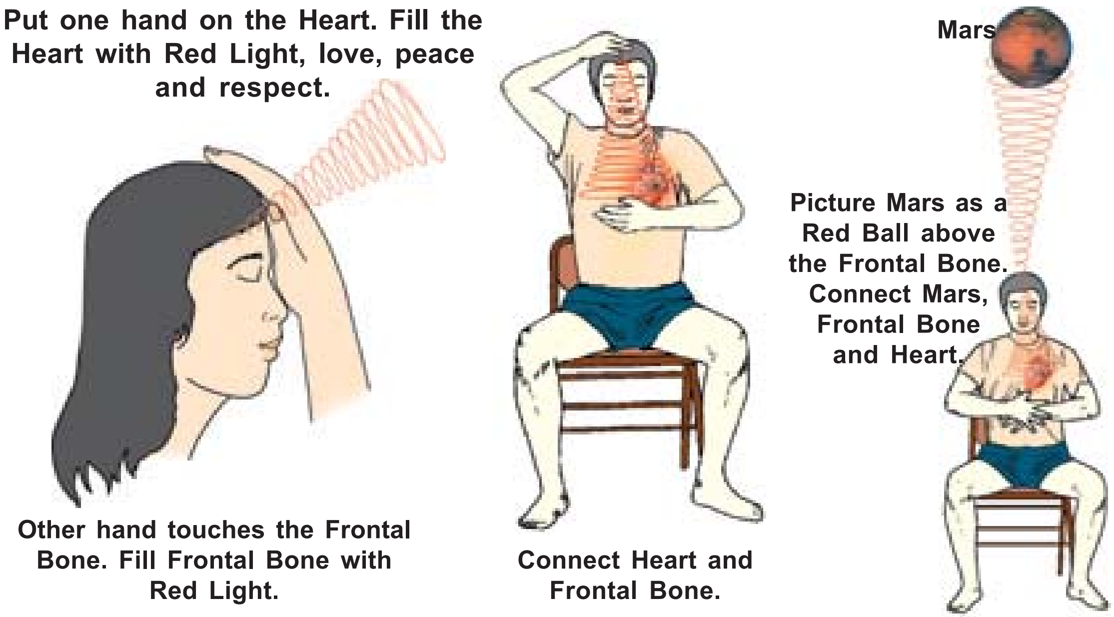


Fig. 11.9 *Heart, Frontal Bone and Mars*

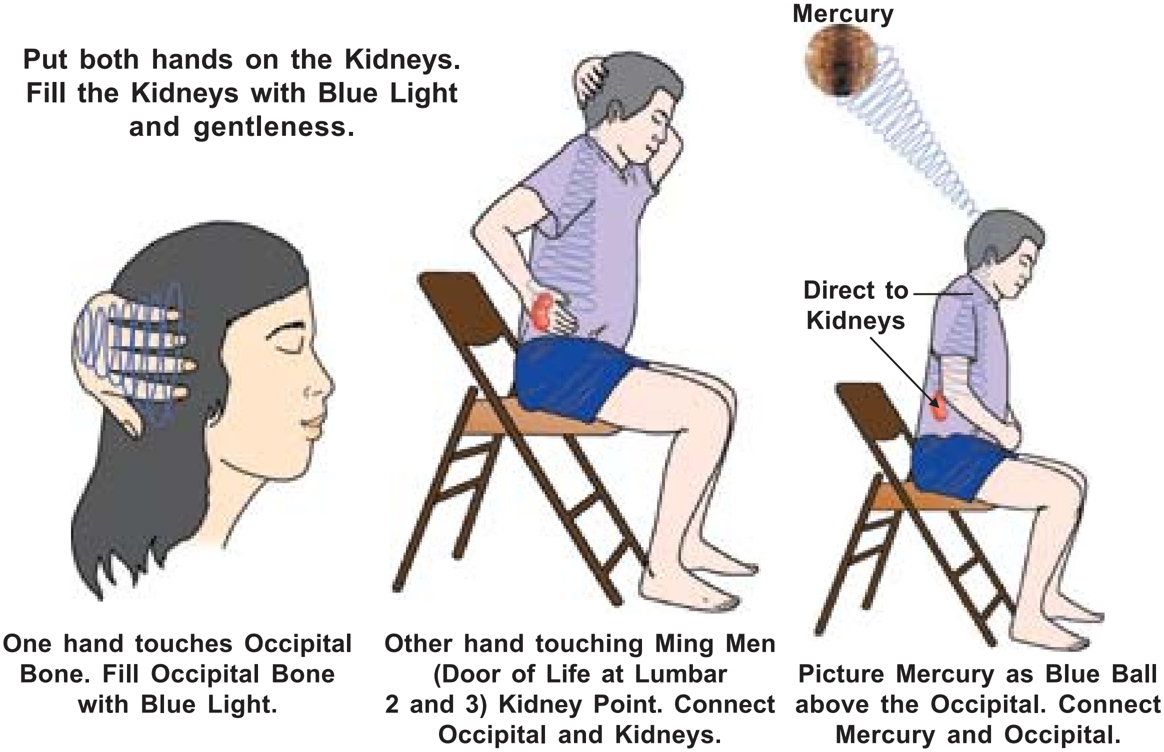


Fig. 11.9 *Kidneys, Occipital and Mercury*

Note: During the meditation you may meet different negative or undesirable emotions. Keep smiling down into the organs to enhance the virtue energy. If negative emotions keep bothering you, exhale them deeply into the earth and make the related healing sound. Fill the space with positive or virtue energy.

Meditation 3

Strengthening the Body Systems
Increasing the Energy Field

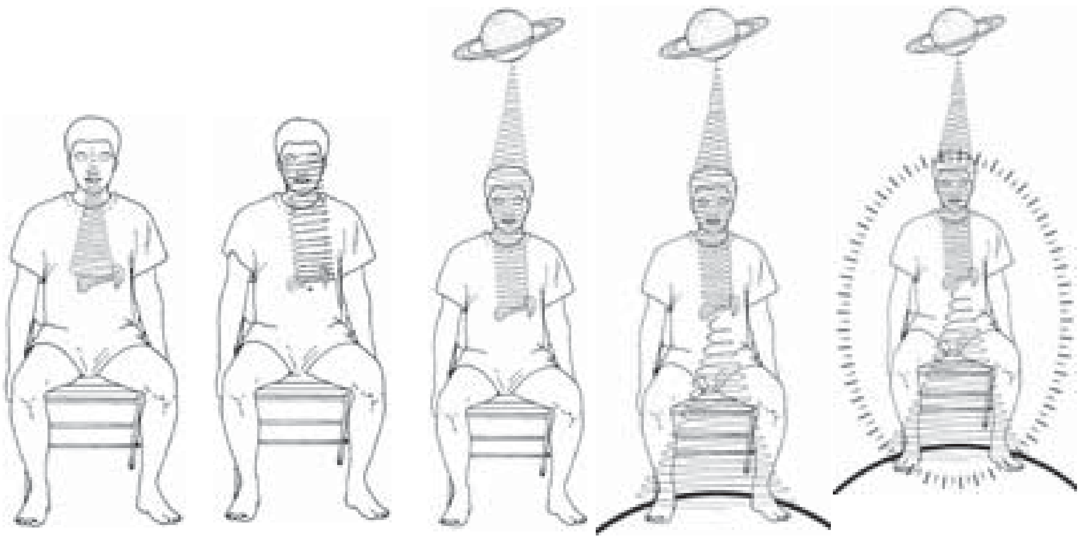
After you have practiced the second meditation for a while it will become easier to feel the connection with the planetary forces. This third meditation uses the technique of the second meditation but adds two factors:

Five Earthly Elemental Forces

Expansion of the Planet/Organ Energy into the Body Structures

This practice will strengthen the different organs and body systems. It will also create balance in your energy structures. Sickness and negative energy will be discharged. Your energy field will greatly improve.

1. Warm up exercises
2. Open the Three Tan Tiens to the Six Directions.
3. Make a firm, condensed Chi ball in the center.
4. Connect to the Mother Earth Force.
5. Go through the same five planets/organ cycle, as in meditation 2, but now add the earthly nature force related to that organ. Spend some time to build up a connection with the different nature forces.
6. Mix the earthly and planetary energy in the organ.
7. Let the energy/color/virtue expand in the muscular system until the whole body is filled with it and the energy radiates out into the aural field.
8. Earth Element: Spleen - Sphenoid Bone - Saturn - Earth/Soil Energy - Muscular System. Earth energy can also be used in the lymphatic system. Use the same strategy for the four other elements.
9. Metal Element: Lungs - Left - Parietal Bone - Venus - Lake/Metal Energy - Breathing System.
10. Water Element: Kidneys - Occipital Bone - Mercury - Water Energy - Bone Structure/ Hormonal System.
11. Wood Element: Liver - Right - Parietal Bone - Jupiter - Tree Energy - Tendon/Ligament System.
12. Fire Element: Heart - Frontal Bone - Mars - Fire Energy - Arterial/Veinous System.



Smile deep into the Spleen and Pancreas.

Connect the Spleen/ Pancreas and the Sphenoid Bone.

Let the Yellow Light of Saturn down into the Sphenoid Bone Spleen/ Pancreas.

Take in the Earth/Soil Energy, mix it in the Spleen/ Pancreas with the light of Saturn.

Let the light and energy expand; fill up the whole body, until it shines out into the aural field.

Fig. 11.10 *Earth Element: Spleen, Sphenoid Bone, Saturn, Earth/Soil, Muscular System*

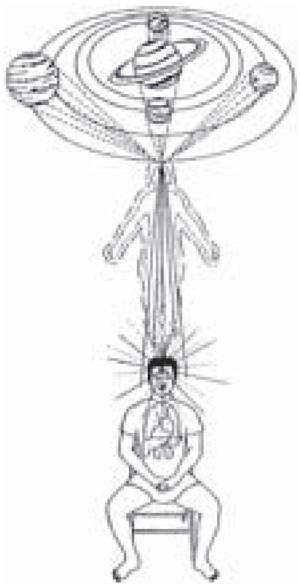


Fig. 11.11 *The Planets' Forces beam down to the Crystal Room.*

At the end you will feel a strong multicolored energy filling your whole body and surrounding you.

You can complete the meditation by adding the sun and moon energy. The sun is connected to the fire energy, the pericardium, third eye and lymph/immune system. The moon is connected to the water energy, the sexual organs, sacrum, hormonal system. Use the same order as in Meditation 1. This will increase the energy field.

13. At the end envision all of the planets above and around you. Just relax and let the energy move freely throughout your body.
14. Gather the energy in the Lower Tan Tein until you feel a Chi ball. Condense it firmly.
15. Circle the Chi ball in the Microcosmic Orbit.
16. Then gather in the center and observe the yin stage.
17. End with Chi Self Massage.

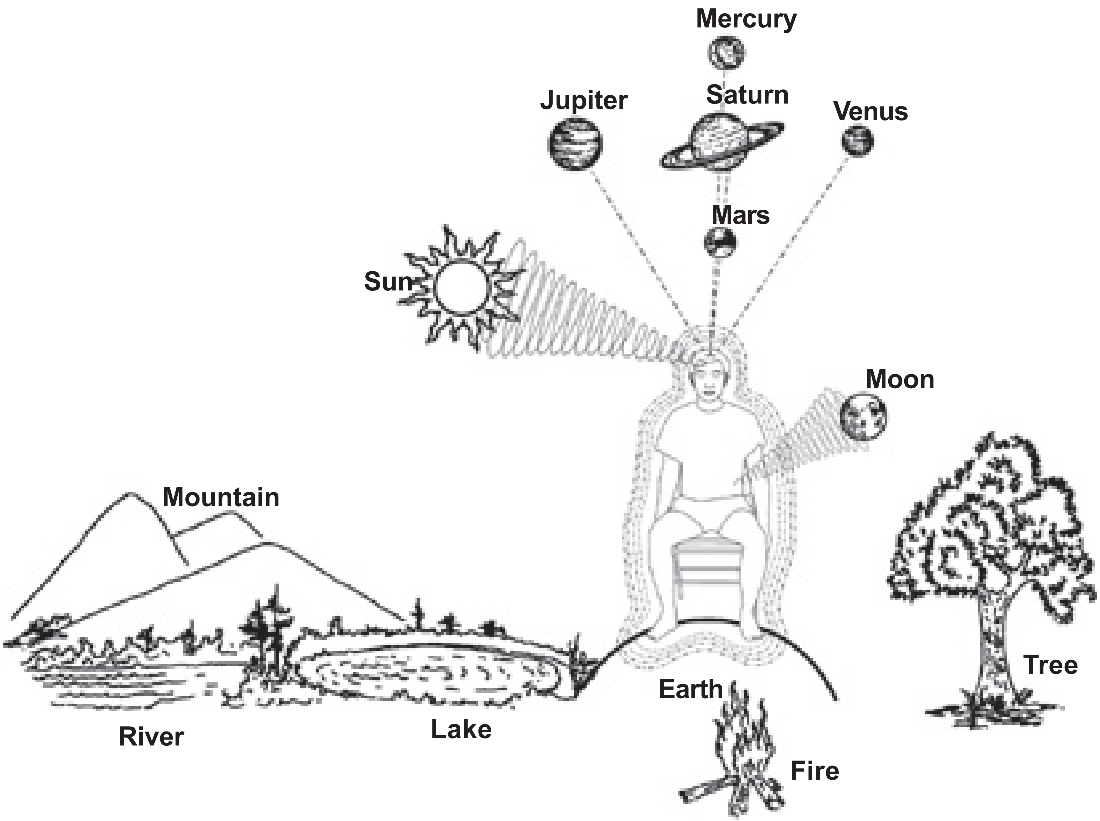


Fig. 11.12 *Natural Forces*

Meditation 4
Connecting to the Galactic Forces

To connect with the galaxies is a very strong meditation form. It brings enormous amounts of energy in your body. To work with them first use the preparation exercises from Chapter II.

The galactic energies can be used in two different ways:

1 Connect with Six Galaxies in the Six Directions.

2 Connect with the North Star and the Five Palaces.

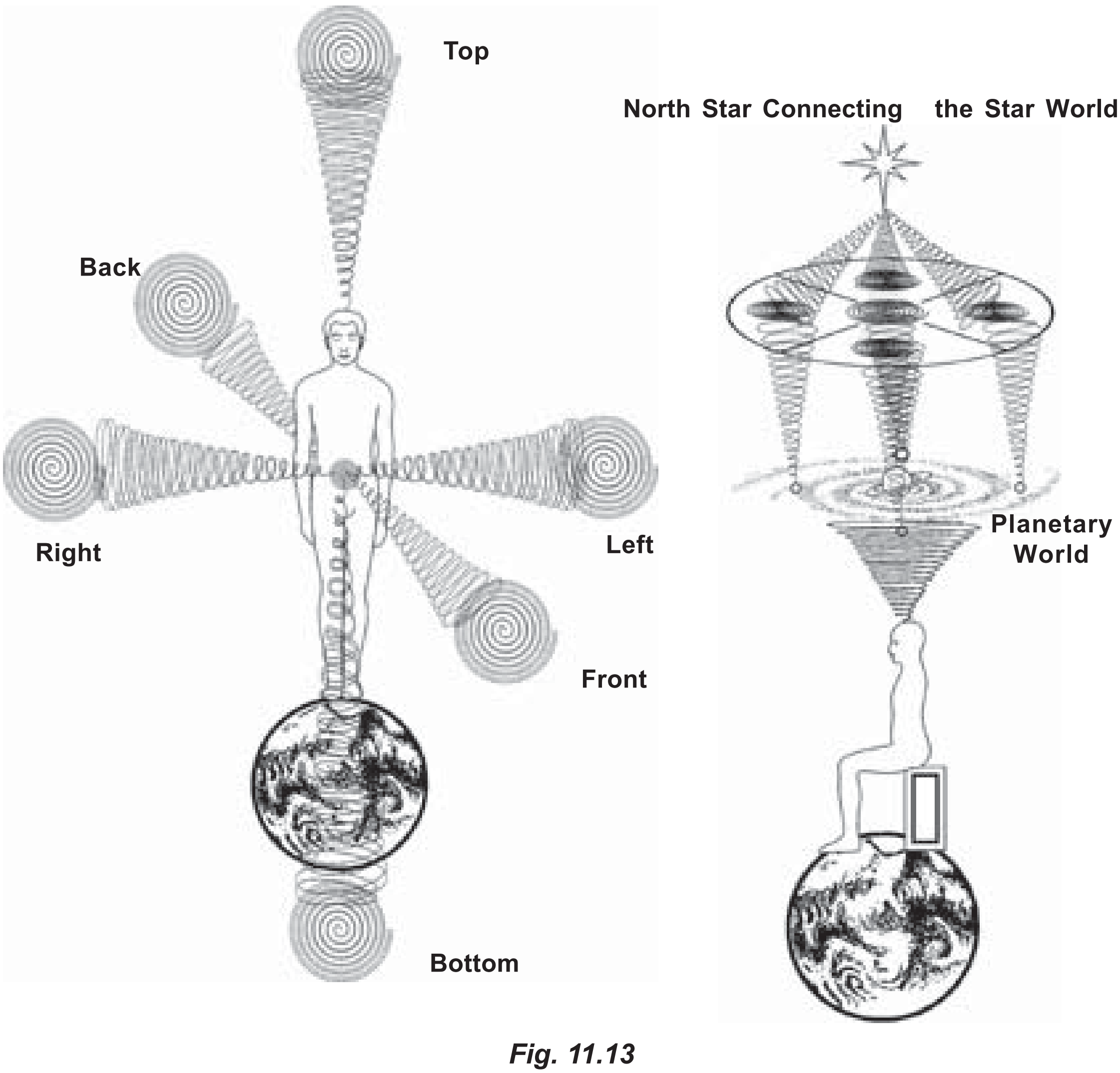


Fig. 11.13

Galaxy Connection in the Six Directions and Galaxy Connection with the Five Palaces

Six Direction Method

Golden yellow is the color used most frequently but any other colors can be incorporated as they manifest.

The entrance points are the crown, the third eye, the navel, the Door of Life (point in the lower back) and the feet. This meditation will balance the energy throughout the body since the connection points are in the head, body and legs. The bottom galaxy is reached through the earth, which means that good grounding is easy. This takes away the risk of overheating. Always remember that galactic energy is enormously powerful; maintain a respectful attitude as you work with these energies. The best way to build up is to work first with the six directions and then with the five palaces.

Five Palace Method

In this method, the energy is brought into the body through the cranium so there needs to be a good rooting and connection with the earth to balance this hot Universal energy in the head. Meditation 1, 'Balancing (Earth) Sun and Moon' or the preparation exercises in Chapter II, can be used first. It is advisable to begin with planetary connections and meditations. Their frequency and the subsequent amount of heat that is produced is lower than that of the galaxies. Once the planetary energies are balanced in the head. expand the awareness further beyond the Milky Way into the galactic world. Connect with the North Star and build up the connection with the five galaxies placed around the North Star.

Use the same colors and qualities as used in the five elements and bring the energy all the way down to the five organs.

Note: Once you have mastered this meditation you can increase the energy level, specifically by connecting the seven stars of the Big Dipper with the bones of the skull. (Details, see chapter V, page134)

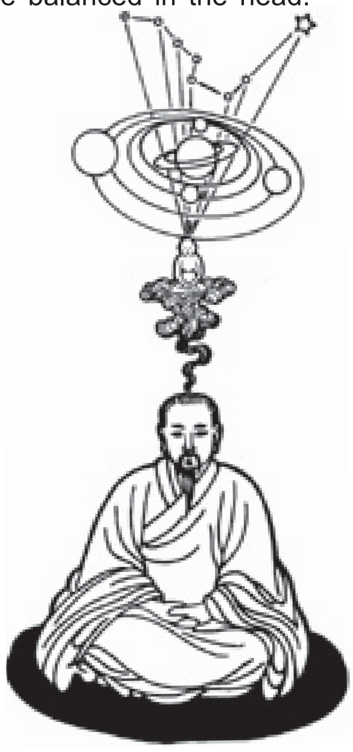


Fig. 11.14 *Immortal*

Pictures of the channels between galaxies and organs can be used during or as a preparation for meditation.

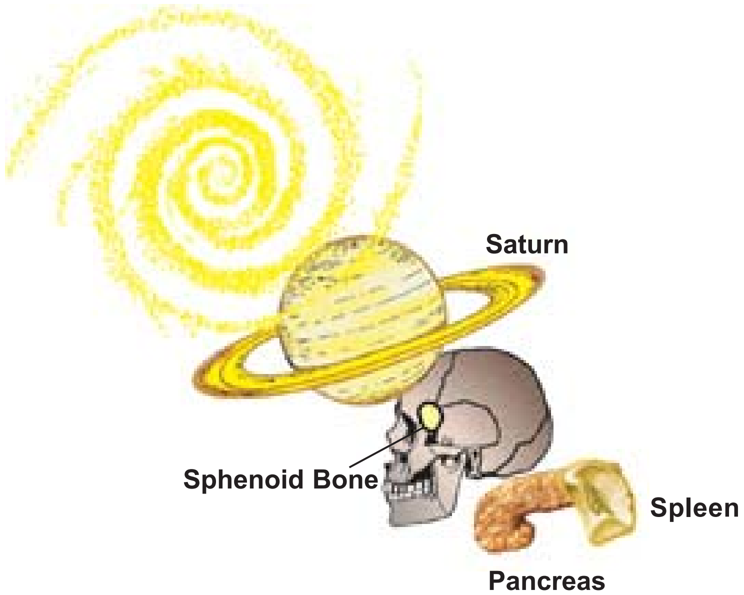


Fig. 11.15 Central Palace -Yellow Galaxy

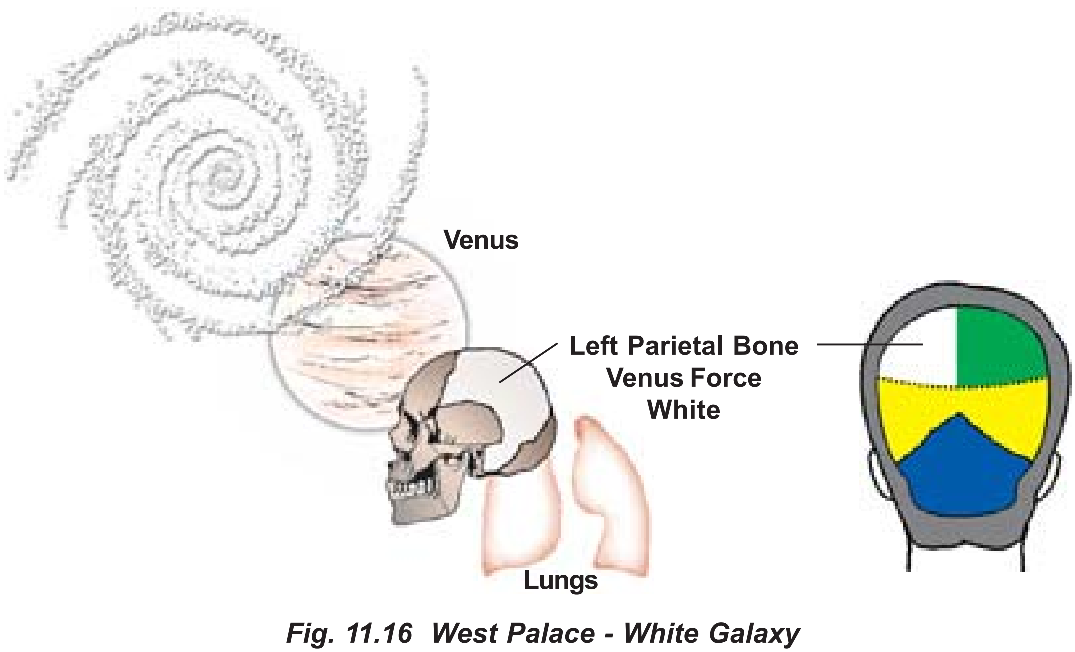


Fig. 11.16 West Palace - White Galaxy

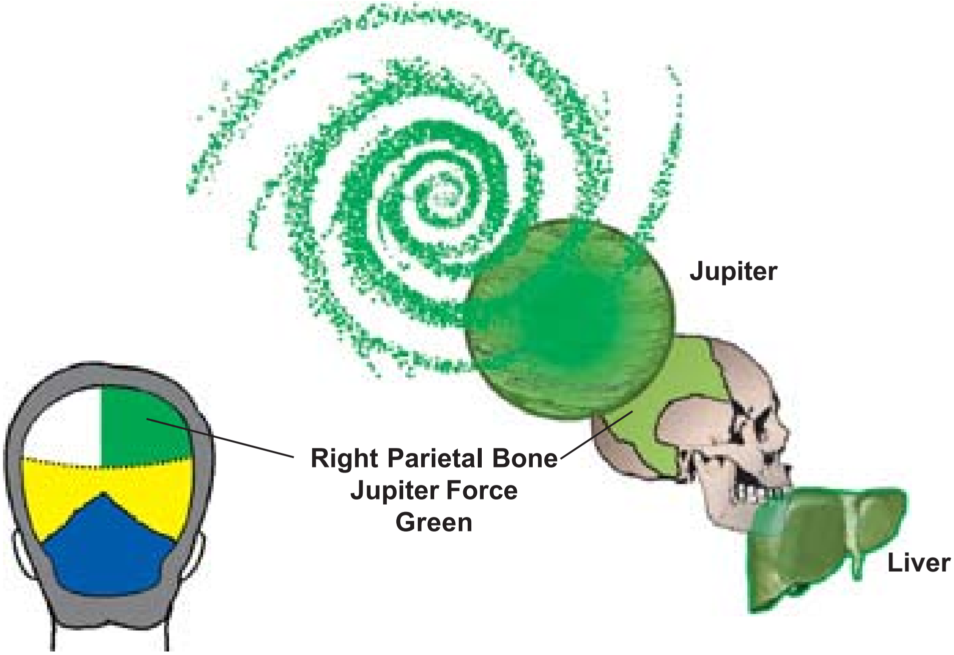


Fig. 11.17 East Palace - Green Galaxy

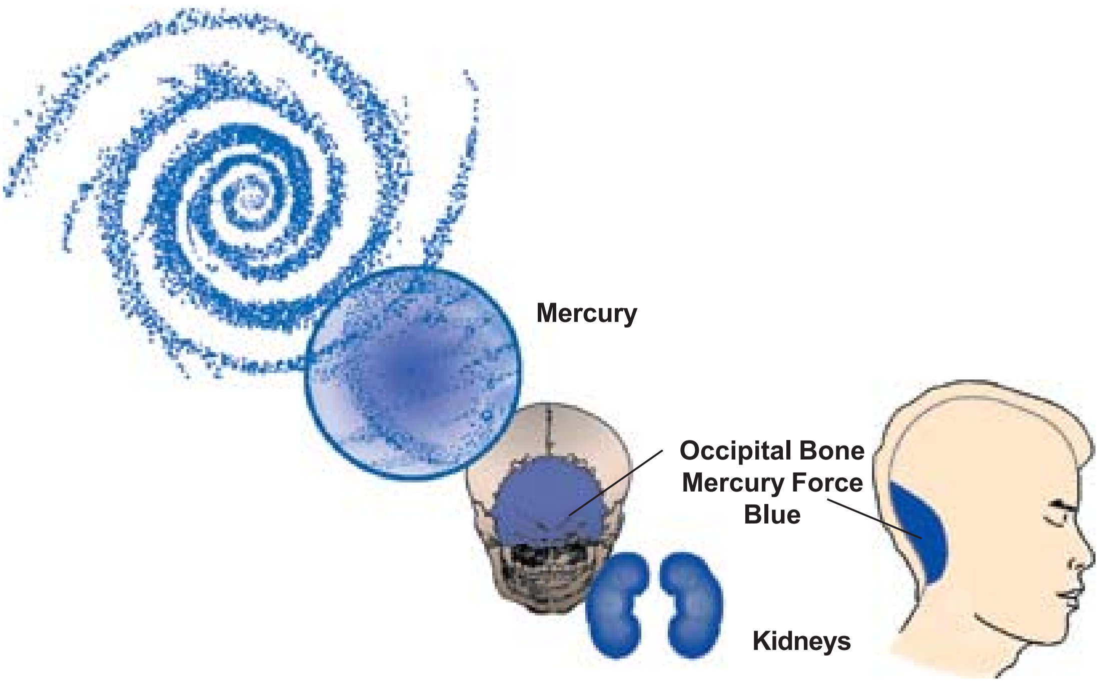


Fig. 11.18 North Palace - Blue Galaxy

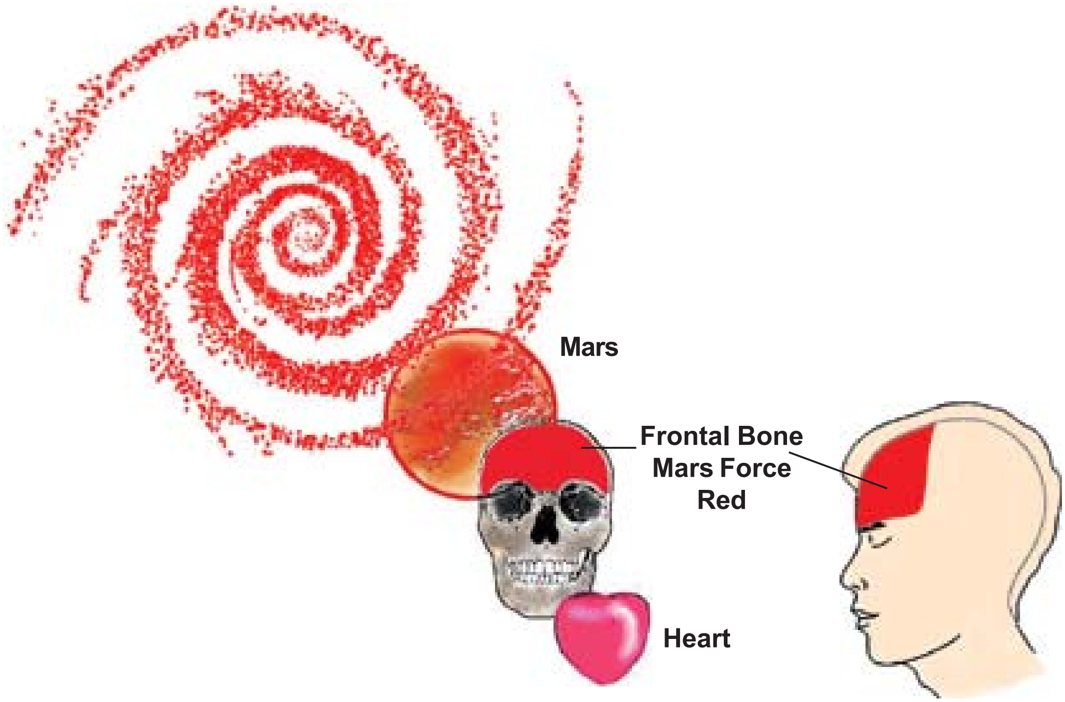


Fig. 11.19 Southern Palace - Red Galaxy

Meditation 5
Balancing the Planetary and Stellar Influences and increasing Emotional and Mental Stability

Regular practice of the first four meditations will give you a clear picture which of the five elements is your strong or weak point. It might show up in different ways - emotions, pain, and tension during the meditation. You might notice the weak element through an inability to feel its color, organ or planetary influence.
What you probably have accomplished by now is:

1. The ability to feel the connection with the related planetary and/or stellar frequency.
2. The ability to feel the connection between the cranial bone and the organ.
3. The ability to expand the energy into the related body system.

One of the five planets (sun/moon) - Star Palaces - cranium - organ - body systems will probably be very easy to feel, while another may seem to be absent. This difference originates in all kinds of physical, emotional, mental imbalances which are locked up in between the unconscious minds. It is also possible that you may feel the planetary connection and not the stars of the same direction or the other way around. Try to get the picture as clear as possible, it will give you a lot of information about your personality and also about your soul.

Once you have discovered how this imbalance is anchored in your system, you can use this during meditation as a tool to improve the weakness in your personality and in your physical body.

In this meditation we use the five galaxies and not the six directions method.

The principle of full and empty functions in the body is one of the most fundamental in oriental medicine. The cause of the problem lies basically in a lack of energy and information in one part of the energy system which is internally balanced by overactivity in other parts. Many people are hooked in a fanatical way on a certain more developed part of their personality and abilities. If they wish to balance themselves they must face their fear-based fanaticism which creates the empty or missing opposite.

The imbalance might already be found in the karmic information and can be related to the life task or it might come through in the way this person leads their life. Use the same principle as in the third meditation but work only with the strongest and weakest connection. As an example, let us say that you connect with the liver easily - right parietal bone - Jupiter- green galaxy and have difficulty with the lungs - left parietal bone - Venus - white galaxy. This might also show up in liver overactivity and lung weakness. You might notice a tendency to irritation, anger and on the other side depression, sadness, discouragement; good overviews on situations but tendency to over control.

The principle of this meditation is that you use the excess energy from the overactive organ to create a connection and nurture the deficient organ. If we put more vitality into the weak organ - the information of how to open this closed door often arises spontaneously.

1. Start with the same preparation as in Meditation 3.
2. When you have reached the part with the planetary connection, first make the connection with the strongest organ - cranium - planet/star connection, in this case the liver - right parietal bone - Jupiter - green galaxy and fill the body and aura with the related color (green).
3. Then change the color in the body and aural field with the one of the weakest function, in this case the lung/white. Draw this color inside of the lungs. Put both hands on the lungs, until you feel the energy tingling inside the organs.
4. Put one hand on the left parietal and feel the lung - left parietal connection.
5. Once you feel this connection, put your hands together in front of the navel and turn your eyes left and upward looking in and through the left parietal outside in the direction of Venus and the white galaxy.

6. Visualize a clear white ball above you. At a certain point the energy of Venus will shine down directly into the body; keep your attention and expand your awareness through Venus towards the white galaxy.

Do this transition of color from the strongest to the weakest function several times until the energy feels more balanced.

If the transition does not work, let the green light expand and project through the left parietal/Venus/white galaxy until you feel the white light clearly. Let the light shine on your skull and fill up the whole body and aura with this color.

Feel both liver/Jupiter/green galaxy and lung/Venus/white galaxy and balance them further into the body and the aural field.

7. To increase the effect, expand the energy in the respiratory system. Breathe through the skin of your whole body.
8. Gather the energy in the Lower Tan Tein, making a condensed Chi ball.
9. Circulate it through the MCO.
10. Then gather it again in the center and rest in the yin stage.
11. End with Chi Self Massage.

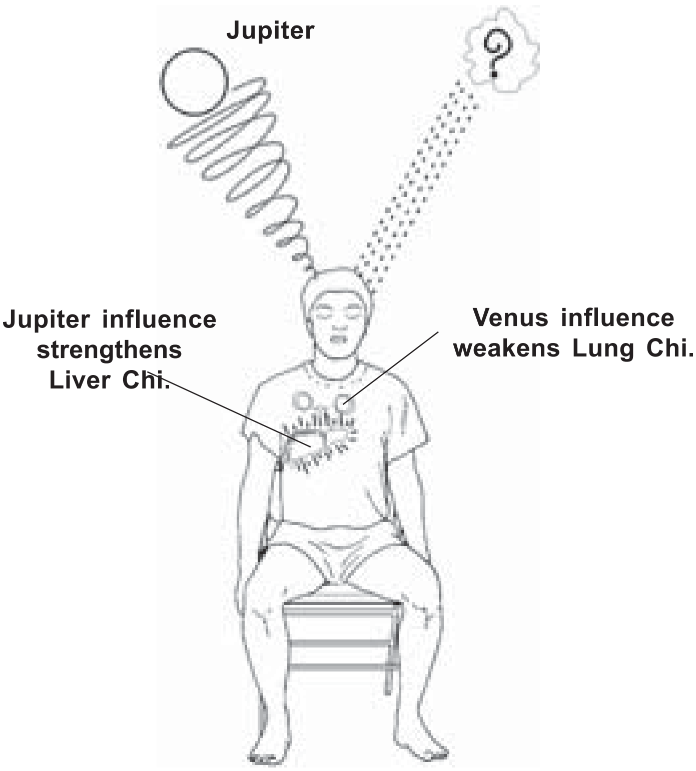


Fig. 11.20 *Balancing the energy.*



Fill the whole body and the aural field with the green light.



Maintain the energy field and bring it into the lungs. Change the color to white, let it radiate into the whole body and the aural field.



Balance the energies of Jupiter and Venus in the organs and aural field (green/white energy).



Look out through the left parietal and picture the planet Venus. At a certain point the light will come down from Venus (white galaxy) and start nurturing the energy field and the lungs.

Fig. 11.21 *Jupiter and Venus Energies*

Meditation 6

Balancing the Yin/Yang Extremes in the Star World

The immensity of the star world is difficult for the undeveloped human mind to grasp, yet is a part of the materialized world and in this way part of the world of polarity and yin and yang.

Although many scientists believe that black holes are built around a point of singularity (infinite density) it is clear that infinite density cannot exist. Infinity cannot be found within our limited thinking of the material world. Black holes are indeed points of extreme density but only to the point that extreme yin turns into its opposite. Extreme darkness starts to produce light again. So, although not yet measurable, light particles are still escaping from black holes.

Also the quasars, the brightest objects in the sky are not infinite light but extreme light, until the point turns to its opposite. Dark holes and quasars are the yin/yang extremes of the star world. In this meditation we will use these two poles to project our awareness beyond the world of phenomena.

It is important that you have taken sufficient time to master the first five meditations; only then can this advanced meditation be of great help in your spiritual development. If you are not prepared, it can be harmful. **We advise that you contact an experienced Cosmic Healing Teacher to introduce you into this level. If you suffer regular headaches, heart problems or mental/emotional problems don't do this Sixth Meditation. Use Meditation 1 and Meditation 7.**

These are the principles of this meditation:

1. Start with good centering/grounding.
2. Expand your awareness in the star world.
3. Connect high above you with the North Star and Big Dipper.
4. Let the light fill your Upper Tan Tien.
5. Connect with two points, placed around the North Star.
6. One extreme light point, quasar (extreme yang).
7. One extreme dark point, dark hole (extreme yin).
8. Let these two points circle around the North Star.
9. Let the process speed up and continue automatically while your attention goes in and through the North Star.
10. At a certain point the process can speed up so much that you start to feel a lifting and the edge between yin and yang start to fade away.
11. Let this process continue naturally, until yin and yang are melting together and the pure yang or ultimate yang energy arises.

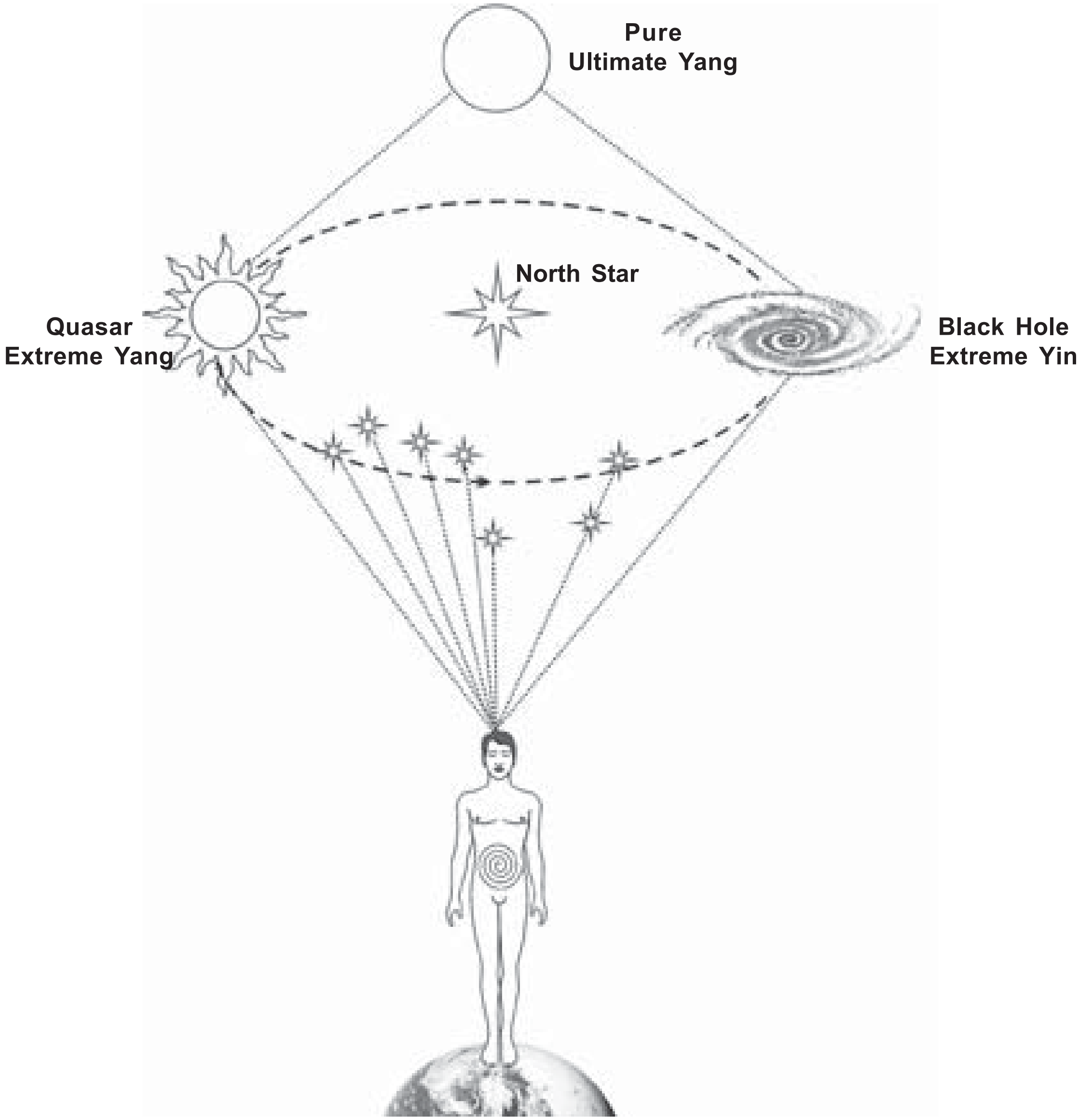


Fig. 11.22 *Connecting with Quasar and Black Hole*

Meditation 7
Yin Stage
Awareness Practice

In this meditation the intention is to let the planetary/galactic forces enter spontaneously. It is important not to use willpower or intention to attract any particular planet, just be open to the planetary/galactic forces, which is an unspecified intention. If you have read the previous parts of this book it will be clear that planetary/galactic forces are influencing us every second of our lives. The only choice we have is to be aware of it or not - the influence is there anyway. For each individual the dominant planetary/galactic influence changes many times in a day. When we sit still and empty the mind we can observe this subtle process of planetary/galaxy energies and shifts in our cranium, our organs and energy field.

During a yin (passive) stage meditation, you can pick up energy from different layers (or combinations) of the universe.

1. Nature Energies: Trees, lakes, Mountains, Thunder, Wind, Lightning, etc.
2. Planets
3. Individual Stars
4. Galaxies, Quasars, Pulsars, Black Holes
5. Connect with elemental qualities in common as Green Galaxy-Star-Jupiter-Tree Energy.

When you learn to observe this process you will be able to feel the direct influence of these planets/stars in that particular moment. It will give you the freedom to understand the specific Universal influence and how it determines your physical/energetic condition and your emotions/thinking process free from any astrological prediction. It also will clarify tensions or growing processes in relationships or with friends. If you and your partner or your friend are both practicing these meditations you can meditate together and see how the energy is naturally working on the two of you. It will definitely give you much insight and information.

This yin stage awareness meditation works very well in groups. Many different processes will be occurring at the same time. The planetary/star energies will:

1. Work on each individual.
2. Work on processes among several individuals.
3. Work on the whole group energy as a unit.

Experience shows us that even in big group meditations 50% to 80% of the people experience the same planets/galaxy entering their energetic fields.

The way to build up this meditation (alone or with more people) consists of:

1. Warming up exercises.
2. Opening the Three Tan Tiens to the Six Directions, integrate the Inner Smile and MCO.
3. Make a firm, condensed Chi ball in the center.
4. Connect to the Mother Earth Force.
5. Bring your attention to the cranium, feel the rhythm, expand the cranial rhythm into the aural field.
6. Connect to the energy field of the people you are meditating with.
7. Just relax and see what happens; if you want, you can softly say to the others what you feel happening in your body or cranium.

Individual and Triangle Awareness Meditation with Saturn Influence

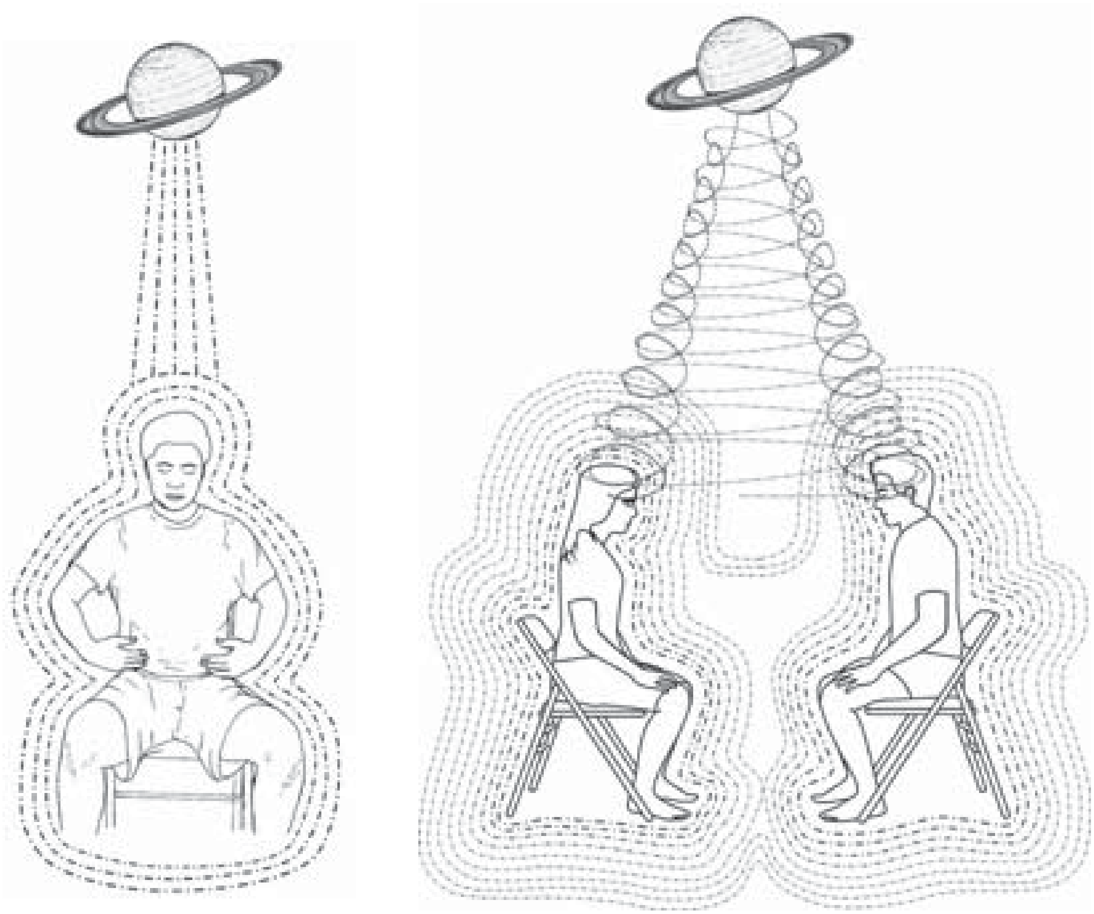


Fig. 11.23 Yin Stage Awareness Meditation - Saturn Influence

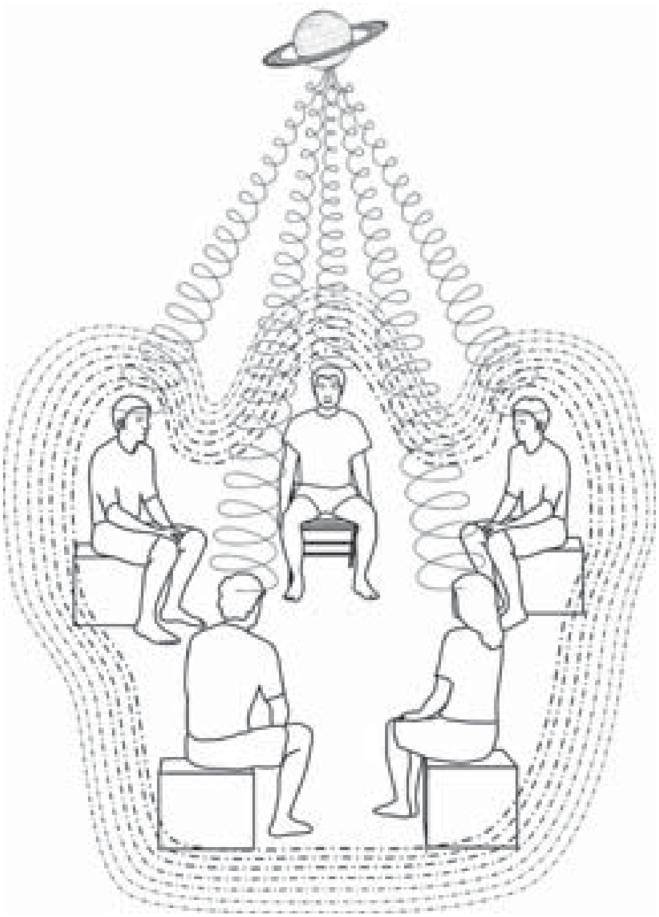


Fig. 11.24 Group Meditation: Yin Stage Meditation - Saturn Influence

8. At the end draw the energy back into your own individual field.
9. Gather into the Lower Tan Tein and make a condensed Chi ball.
10. Circulate throughout the MCO.
11. Then gather it again in the center and rest in the yin stage.
12. End with Chi Self Massage.

First, practice individually or, if you practice in a group, stay with your individual experience. After a while you will be able to distinguish your personal energy field and the shared or group energy field.

If you have difficulty feeling these energies, meditate with someone who has a better connection with the planets, but stay with your own experience.

Be patient, relax. You can be sure that your information/energy source will not run away.

Chapter XII
Use to Help Others

Treatment Expression of your Personal Practice

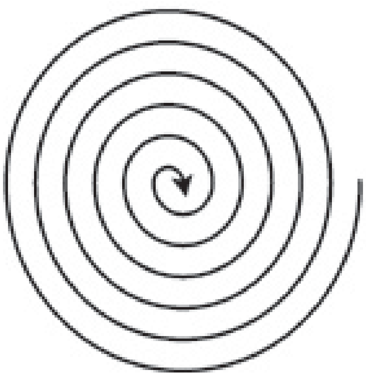
The therapeutic potential of the previously described practices is unlimited. It can be applied as an individual or self-healing method with great success, but it is also very easy to integrate it into healing and bodywork practices you are using already. This chapter explains some basic techniques on applying Cosmic Healing during a treatment (on one or more students). The complete theoretical and practical procedure on how to help and heal others will be published in the next book of the Cosmic Healing series.

The combination of the Universal Tao practices with Chi Nei Tsang (Internal Organ Chi Massage) is very powerful. Both methods have the same goal in the treatment: to balance the energies in the body and to activate the life force. Chi Nei Tsang uses the Lower Tan Tien as the main area of diagnosis and treatment. Imbalances in energy and tension in the Tan Tien will be treated with a firm physical pressure and with the three forces of the universe (earth, cosmic, universal) as the nurturing source.

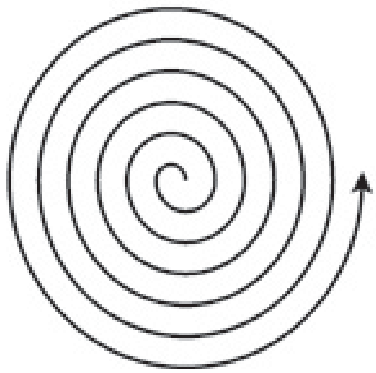
In Cosmic Healing the emphasis is on connecting the body with the five elemental forces of nature, the planets and stars, often without touching the body.

We could say that Chi Nei Tsang works mainly from the Lower Tan Tien towards the universe while Cosmic Healing works from the universe towards the Lower Tan Tien.

The combination of these two systems will give you the ability to integrate internal/external energy in the Lower Tan Tien.



Cosmic Healing: Starting form the universal laws and integrating it into the physical body.



Chi Nei Tsang: Starting from the Lower Tan Tien and connecting with the Universal laws.From matter into subtle energy.

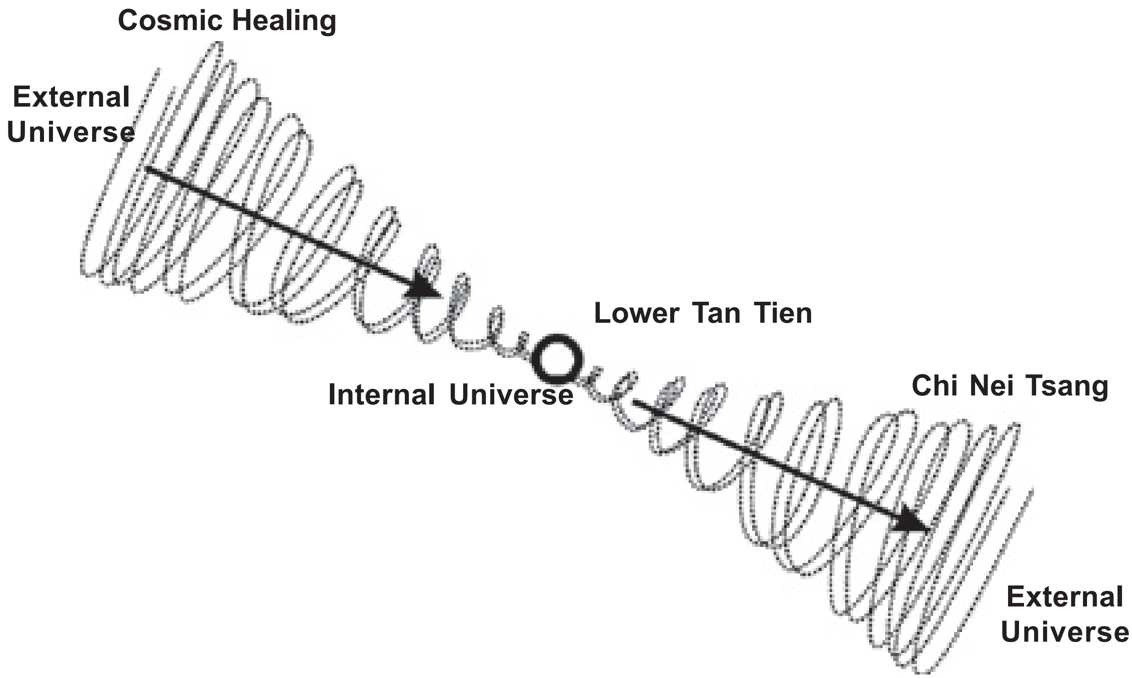


Fig. 12.1 *External and Internal Universes*

These days many healers are working consciously with the Universal connection from subtle energy into matter. Different systems are now in use. Some of them work with initiations to connect the student with the same universal source as the teacher or master.

This is the story of a student who was desperately looking for a teacher who could show him how to reach the state of enlightenment. He visited or followed many teachers, but he did not make much progress. None of them gave him satisfying answers to his main questions and most of them were still in search of enlightenment themselves.

One day he traveled to a master who was known to be fully enlightened. When he asked the master if he could show him how to attain enlightenment, the master said, “Sure,” and smiled at him. After a long silence the student said, “Well, why don’t you tell me?” The master said, “Why confuse you more by telling you something that you surely cannot understand anyway”.

This story shows us how useless it is to give initiations to people who are not ready to integrate and understand. It only creates confusion and illusion. Many students are trying to buy their ‘ticket’ to heaven by paying thousands of dollars for initiations with a master or guru.

Let us stay clear and grounded. There are no shortcuts on the spiritual path. Although spectacular healings occur through this practice it must be clear that the goal of the treatment is mainly one of guidance and teaching.

The purpose of planetary and galactic healing is to reconnect students with the energy of nature, planets, stars and the higher universal frequencies.

This connection:
- Activates the life force in the body which triggers the ability for self-healing.
- Releases and transforms sick/negative energy.
- Creates a strong spiritual connection and higher awareness level.

Although this healing practice is easy to learn for anyone with enough interest and perseverance, the effectiveness of a treatment mainly depends on the level of energy (quantity/quality), the clarity of the connection of the healer with nature and Universal forces and the ability to see what the student really needs at that moment.

This strength and sensitivity can only be cultivated by doing the previously described meditations on a regular basis and fully integrating them into your daily life.

General Healing Session

For reasons of clarity this text only mentions one person or student; this session may however be performed with a group also. Before starting this session do some meditation practice and warm ups with your student(s).

There are two ways of doing this type of healing session:

One way is to focus on the specific location in your own body, using your hands and asking the other person to do the same. Together you go through the complete healing procedure. Another way is to focus on your energy body and do the same step by step meditation. For details refer to the appropriate chapter.

1) Be aware of the Lower Tan Tien and connect to the universe. Let the student sit back on the chair. Sit across from the student. Be aware of your sacrum area and feel the Chi; transfer this feeling up to the crown and to the universe. Spiral the Chi down to the energy body and it will go down to the student's physical body.
2) Draw the green light in with your palm and push it right through the sacrum to spread the sickness through to the other side of the universe. Pull the green light from the universe and push the sick Chi out to the universe. Do this 6 to 9 times until you feel the sacrum is clean. When you pull back, stop the green Chi right at the student's sacrum; there is no need to pull it back to you.

   Yellow light from the ground will help strengthen the sacrum bone. Visualize the sacrum and vitalize the complete bone structure with yellow light.
3) Be aware of the energy body above the crown; extend yourself up from above your crown and channel down the white light from the center of the galaxy and the violet light

from the Polar star. Using your mind power, invite the inside of the bone to open, allowing the white and violet light to flow into the marrow. Focus on the energy body; you can picture the energy body's sacrum and bone structure to guide the energy inside and see the whole body light up from deep inside.

Next, focus on the Door of Life and the navel. First flush them through with green light, to clean them out. Draw the yellow light from the Door of Life through to the navel and then push back through. To cool down the Door of Life (if necessary), draw the blue light and push it through from the navel to the Ming Men connecting with the universe. Then bring the white or violet light down and activate the Lower Tan Tien. Teach people about their Lower Tan Tien. It is like an ocean and the body is like a hollow bamboo. The bamboo can bring the water up. This way energy will never dry up.

4) Concentrate on the solar plexus and T-11. Again, draw the green light in, spiral it, flush with the green light, then energize with white and violet light. As before, always allow the energy to stream through both points fully. When working on the solar plexus, which holds all the emotions, the most important thing to remember is to connect the backside of the solar plexus to the universe. There is literally no end to this connection. Just allow the Chi to come all the way down and pull a little. Simply clean out the path. Allow the information to condense, allow any images to form and be released. Then stabilize the energy. Picture the Chi field encompassing the person as a big protective bubble. Cool down with blue.
5) Proceed to the heart and the Shen Dao (T5/ T6). Draw the green light in and push it through; repeat several times; now scan the heart with your palm, judging its strength; next select the strength of the red color, (never too dark); send the red light through the heart, strengthening it.
6) Cool down any excess heat in the heart, flushing down and out, using blue. Draw in the white Chi; push it through to the Wing Point (T5/T6). Energize the center at the back of the heart using violet and golden Chi. Picture the heart surrounded by a golden aura.
7) Move up to the throat center, flushing through to C-7, using green light first. The throat center responds very well to the blue light; it opens and clears it.
8) Next activate the mideyebrow. Focus on the mideyebrow in your own body. Attract the golden yellow color and use it to flush and stabilize. Flush it all the way through to the back of the head. Energize with violet and golden light.
9) Proceed up to the third eye in the middle of the forehead. Connect to the 'Kun Lun' at the back of the crown. Flush through both points using the light violet light. Energize with electric white golden light.
10) Concentrate on the crown. Invite the violet golden light to enter and flush all the way down through the center channel, leaving the body at the perineum. Cool down the system by showering blue light over the whole body.

Du Mai Information



The co-author of this book Dirk Oellibrandt, together with his wife Katrien Laurens, leads an organization called Du Mai.

This organization is active in Belgium and has side branches in Holland, Sweden and France. The Du Mai philosophy promotes the practice of 4 Dimensional Life and Taoism and uses the Taoist principles in a complete approach of healing and the art of bodywork, called 4 Dimensional Bodywork.

The Du Mai organization offers possibilities in four different fields for deepening and improving the quality of your life and for reaching a higher level of health, happiness and awareness.

In the Du Mai therapeutic clinic many western bodywork techniques are combined with food prescriptions, herbs and other forms of therapy. All this is based on the unique Taoist view of the universe and is structured upon a treatment approach called 4 Dimensional Bodywork.

The Du Mai program is organized into three categories:

1. Personal development
2. Three to five years in therapeutic education
3. Courses of up to three years of training for professional therapists

An Overview of the Du Mai Course and Training Activities

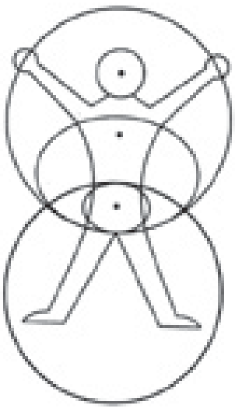
Universal Tao Belgium

Evening, weekend and weekly courses that will teach you to heal yourself, understand your true nature and your task in life discovering vitality, happiness and freedom in daily life.

Basics: Inner Smile
Six Healing Sounds
Iron Shirt Chi Kung I
Chi Self Massage
Microcosmic Orbit
Tao Yin
Taoist Secrets of Love
Advanced Bone Marrow Nei Kung
Fusion I - II - III Inner Alchemy
Tai Chi Chi Kung I - II - III
Pushing Hands
Pakua Palm

Chi Nei Tsang
- Level I, II, III

Cosmic Healing
- Level I, II



4 Dimensional Life Training

1 year/12 weekends training in the art of 4-Dimensional awareness and understanding man, in the world, the universe and the intelligence that connects and governs all these processes called life.

Goals in this training are :

- Spiritual : awakening
- Mental : clearness and presence
- Emotional : understanding, using and transforming emotions
- Physical : building the fundament for a strong/vital/healthy body

Much time is invested in becoming aware through touch and bodywork of the different layers systems and frequencies in your body, so that the deep information and energy potential is awakened.

4 Dimensional Bodywork

A 3 year (500 hours) or 5 year (850 hours) training to became an all round healer/ bodyworker with a strong ground of 4 Dimensional self realization. The Du Mai school offers you a unique training according to quality and variety. Truly understanding life and its play in our manifestation as a human being is the fundament of the school. Within this unique view, a complete circle of all possible bodywork and healing techniques is offered. These techniques come from traditional and modern, eastern and western origin; or from shamanistic traditions, or Taoist cosmology or simply from our own body intelligence. The main guidance into this network of information is the students message and information system, showing us a constant flow in priorities in the treatment approach.

For already professional therapists and bodyworkers (prerequisites are 400 hours of training as a bodyworker/healer/natural therapist). We offer a 3 year training in 4 Dimensional Bodywork that will push your already achieved therapeutic level to a wider and stronger platform. Individual therapeutic limitations are removed and the circle of therapeutic possibilities is enlarged.

Some of the topics are (a specific personal development program for each year) :

- 4 Dimensional life/bodywork
- Natural healing - diagnostics
- Universal Tao: Basics, Iron Shirt I, Healing Love, Tai Chi I, Fusion I
- Chi Nei Tsang I
- Cosmic Healing I
- Chakra + Aura Healing
- Reflexology
- Shiatsu - Thai massage
- Craniosacral Therapy
- Osteopatic Techniques
- Fascia and Visceral Therapy
- Structural Corrections
- Sjamanistic Healing
- Food Prescriptions
- Frequency Healing
- Spiritual Healing
- 4 Dimensional Integration

In the near future, books on 4 Dimensional Life and 4 Dimensional Bodywork will be published. Please contact us for book availability.

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Cosmic Healing II

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Mantak Chia

and Dirk Oellibrandt

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